

KEYSTONE HABIT WORKSHEET



A keystone habit is a behavior or routine that naturally pulls the rest of your life in order.

Examples of Keystone Habits:

- hydrating with water - half your body weight in ounces
- earlier, lighter dinner
- morning meditation

Think about your current habits — good and bad.

IDENTIFY ONE HABIT THAT SETS A POSITIVE CHOICE IN MOTION

Example: The first thing I do in the morning when I walk into the kitchen is hydrate my body with a large glass of lemon water, and immediately fill my water bottles for the day.

This sets me up to drink water all day long making my body feel lighter and pain free.

NAME YOUR KEYSTONE HABIT:

List the results set in motion:

- 1.
- 2.
- 3.

IDENTIFY ONE HABIT THAT SETS A POOR CHOICE IN MOTION

Example: When I wake up in the morning the first thing I do is look at my phone and check my e-mail. I lose track of time and therefore skip my morning meditation, exercise and/or breakfast. This causes me to rush into my day of things to do feeling scattered and disappointed.

NAME YOUR POOR KEYSTONE HABIT:

List the results set in motion:

- 1.
- 2.
- 3.

ARE YOU WILLING TO TRADE IN THE POOR FOR THE POSITIVE?

Dedicate yourself to your new habit and repeat it until you are guided through action from the inside out and it's just what you do. No longer will you have to think about it because you have set yourself up to follow through with your heartfelt desire to take care of YOU!