

Commitments to Habits to Routines

Workbook

Commitments:

For this section, think about areas in your life where you would like to improve. Use the worksheet to jot down short phrases for each area you identified. For example: Build Relationships, Be On Time, or Read More Books.

Forming Habits:

For the first commitment you wrote down, think about what you must do to make it happen. For example, to read more books, you would need to make a list of books you want to read. You may need to allot a specific time for reading. You also might set a challenge to read one book per month. Using the worksheet, complete the sentence: In order to [insert commitment], I will [list what you will do]. Repeat this for each commitment you completed.

Habits:

Now that you have a list of things you need to do to make each commitment happen, think of habits you need to create. Using the commitment to Read More Books as an example, a habit might be to read for 30 minutes each night before bed. On the habit worksheet, you would list the habit under "Daily." And, you could also list the habit to read one book under "Monthly." Complete this process for each commitment, sorting your habits into daily, weekly, and monthly lists.

Routines:

Now that you have commitments and habits, build a daily routine around them that you can follow. Continuing with the commitment to Read More Books example with the habit of reading for 30 minutes, you would list this under "Evening Routine" if you were going to do it at bedtime. Repeat this with each habit you created until you have a morning and evening routine.

Commitments

Year:

1

2

3

4

5

6

"As soon as you truly commit to making something happen, the 'how' will reveal itself."

- Tony Robbins

Forming Habits

1. In order to _____, I will:

- _____
- _____
- _____

2. In order to _____, I will:

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- _____
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3. In order to _____, I will:

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4. In order to _____, I will:

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5. In order to _____, I will:

- _____
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- _____

6. In order to _____, I will:

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Habits

"Motivation is what gets you started. Habit is what keeps you going."

- Jim Ryun



Daily

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