

12

Forbidden Habit TRACKER

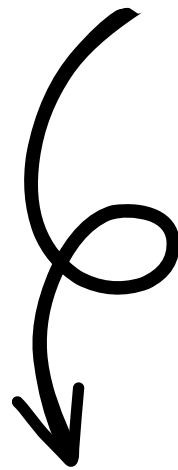
NEW LAWYER METHOD

Reflect, Analyze, Expand, Manifest, Plan, Execute, Pivot/Reward, GLOW

YOUR ASSIGNMENT:

- 1) Think about the habits, the decision you have a tendency to make that are negatively effecting your quality of life.
- 2) Keep track as you make changes and attempt to take them out of your daily routine. The mental anguish may be pretty strong at the beginning and hopefully will get better as you learn to live without using it/doing it.
- 3) **Use a Habit Tracker. Example: Habit Bull**
- 4) **Talk about it. Embrace your new changes and be proud of your efforts, never ashamed.**

Here are the questions...



(Continue to next page)

FORBIDDEN HABIT TRACKER

DATE TODAY _____

**TRACK THE
NEGATIVE ACTION
THAT HAS BEEN
HOLDING YOU
BACK FROM
BECOMING A
BETTER YOU SO
THAT YOU MAKE
SURE YOU ARE
CHOOSING A
DIFFERENT PATH!**

NOT TODAY EVIL HABIT. SUCCESS IS PLANNED.

What is the Forbidden Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Professional															
Practical/Financial															
Physical															
Mental															
Emotional															
Spiritual															
Social/Community															

REFLECT, ANALYZE, EXPAND, MANIFEST, PLAN, EXECUTE, PIVOT/REWARD, GLOW

EACH CHOICE YOU MAKE CREATES A NEW PATH, NEW POSSIBILITY...

- Why do I want to Change?

- What are my Triggers?

- How can I Change my Environment to help me stay on track?

- How can I Improve my Support?

- Is there Someone I can call if I need to Talk?

- What will I Gain by NOT having this in my life?

- After 45 days how will I Celebrate my Accomplishment?

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What is the Forbidden Habit	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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Practical/Financial															
Physical															
Mental															
Emotional															
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What is the Forbidden Habit	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
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