MY HABIT CHAINS.

SMALL ACTIONS. BIG MOMENTUM.

Every habit is a chain reaction.
Some chains move you closer to your goals.
Others pull you further away.

YOUR JOB: BUILD THE RIGHT CHAINS. BREAK THE WRONG ONES.



> "MAKE THE NEXT RIGHT ACTION OBVIOUS."

THE CHAIN EFFECT

When I do X,
Y happens to achieve Z.

X → Y → Z

I TAKE AN ACTION → I CREATE A RESULT → I GET CLOSER TO MY GOAL

POSITIVE CHAINS (TAKE ME CLOSER)

Build chains that support the person you're becoming.

OUTCOME I WANT: _____

CHAIN 1 When I do _____, _____ happens, so I can _____.
ACTION (X) → RESULT (Y) → OUTCOME (Z)

CHAIN 2 When I do _____, _____ happens, so I can _____.
ACTION (X) → RESULT (Y) → OUTCOME (Z)

CHAIN 3 When I do _____, _____ happens, so I can _____.
ACTION (X) → RESULT (Y) → OUTCOME (Z)

CHAIN 4 When I do _____, _____ happens, so I can _____.
ACTION (X) → RESULT (Y) → OUTCOME (Z)

NEGATIVE CHAINS (TAKE ME FURTHER)

Identify chains that sabotage your goals.

OUTCOME I DON'T WANT: _____

CHAIN 1 When I do _____, _____ happens, so I end up _____.
ACTION (X) → RESULT (Y) → OUTCOME (Z)

CHAIN 3 When I do _____, _____ happens, so I end up _____.
ACTION (X) → RESULT (Y) → OUTCOME (Z)

CHAIN 3 When I do _____, _____ happens, so I end up _____.
ACTION (X) → RESULT (Y) → OUTCOME (Z)

CHAIN 4 When I do _____, _____ happens, so I end up _____.
ACTION (X) → RESULT (Y) → OUTCOME (Z)

MY TRIGGERS

What events, emotions or environments trigger my negative chains?

- _____
- _____
- _____
- _____
- _____
- _____

MY CHAIN BREAKERS

What can I do instead to start a better chain?

- _____
- _____
- _____
- _____
- _____
- _____



AWARENESS CREATES CHOICE.
CHOICE CREATES FREEDOM.

STRENGTH. | DIRECTION. | DISCIPLINE.