

SHIVANI'S FAVORITE ALLY: EXAMPLE WORKSHEET

PART V



Worksheet 2



What is one of my most trusted good habits?

I get outdoors three to five times a week—walking or running.

Indoors, I do a daily energizing routine and an occasional online strength workout.



What needs does it fulfill?

To stay physically strong and mentally alert.



The short- and long-term benefits

Boosts my energy and keeps my muscles toned

Brings a burst of vitality to my body

Strengthens my heart and lungs

Gives my mind a break from the day's tasks

Clears my head, sparking fresh ideas



What thoughts set the habit in motion?

"My body is stiff. It needs to move."

"Time for a little break to recharge body and mind."

"It's a good time to get outside and breathe in some fresh air."

If I'm indoors, I tell myself, "It's a quick workout—let's get it done right now."



What actions constitute the habit pattern?

I pause what I'm doing.

I get dressed in my workout clothes.

I take a moment to energize before I start.

I do a few warm-up stretches.

I decide on my route for the day.

I set my smartwatch to track my progress.

Whether it's running, walking, or an indoor routine, I dive in.

I use this time to repeat a mantra or affirmation.

I ask for inspiration on any project I'm working on.

I dictate ideas into my smartwatch.

I cool down and freshen up.

I jot down the ideas that came up during the session.



My support network

My husband: We walk together regularly and remind each other to get moving.

My friend: We often go for long walks together.

An online trainer who leads the "Ten-Minute Senior Strength Workout."