

MY FAVORITE ALLY

PART V



Worksheet 3

The best way to understand the value of a good habit is to reflect on one of your own, especially one that benefits your physical, mental, emotional, or spiritual well-being. It could relate to meditation or prayer, your health practices, your approach to work, the way you communicate with and relate to others, or something else entirely.



What is one of my most trusted good habits?

Think about a habit that has become second nature, something you do willingly and that positively impacts your life.



What needs does it fulfill?

Habits are formed in response to specific needs or desires. What motivates you to engage in this habit?



What are the benefits?

Consider both the immediate rewards and the long-term positive effects.



What thoughts set the habit in motion?

Every action has its inception in thought. What thoughts typically trigger this habit?



What specific actions constitute this habit pattern?

Habits become embedded in our minds when a series of actions is repeated. Recognizing these steps helps you understand the mechanics of the habit. Break down the sequence: What starts the habit, and how does it flow from step to step?



What helps me stay motivated?

Consider people, environments, and resources that help you sustain this habit.
