

MY HABIT ENEMIES

PART V



Worksheet 6

The questions that follow will help you bring the habits that have been stealthily working against your highest good onto the field of your awareness.



Personal Cleanliness

In what ways do you neglect basic routines of cleanliness and order—for your body and your personal environments (home, workspace, car, and outdoor areas)?



Health

What habitual behaviors are harmful to your physical health, such as unhealthy food or beverage choices, lack of exercise, overwork, or irregular sleep routines?



Addictions

Have certain substances or behaviors crossed the line into addiction? To what extent are they controlling your life?



Digital Habits

Are there patterns in the digital content you consume—news, social media, videos, or games—that disturb your peace of mind, dull your awareness, or sap your energy?



Mental Obsessions

Are there habitual thought patterns—such as worry, fear, criticism, insecurity, or overthinking—that cloud your clarity?



Emotional Reactions

Do certain emotional reactions habitually overpower you—such as anger, which harms others and you as well; fear, which paralyzes your will; or worry, which drains your energy? Identify the ones that seize you most often.



Time Management

Are you struggling with over-scheduling, poor planning, or always feeling behind?



Work

Which habits are undermining your productivity—procrastination, lack of focus, frequent distraction, multitasking, or others?



Financial Habits

Consider any financial habits that may be contributing to stress, insecurity, or missed opportunities. Are you overspending or neglecting to keep a budget?



Relationships

Which of your behaviors create tension or misunderstanding in your relationships—impatience, judgment, avoidance, or others?



Spiritual and Personal Growth Practices

What habits are blocking your progress or diminishing the depth and vitality of your practices? Have any become mechanical, done without enthusiasm or real attention?

∞ INTERLUDE ∞



LET THE INSIGHTS SETTLE

Recognizing your habit enemies is itself a victory. Each one you've named has already begun to lose its hidden power over you. Once operating unseen, these enemies are now in the open, where you can face them directly.

Before you decide which battles to wage first, take a moment to breathe and let these insights settle. Feel the inner strength that comes from seeing things clearly. Give yourself time—even a few days if needed—to view these enemies with detachment and recognize that although they affect you, they do not define you.

When you feel settled and ready to face them, continue to the next chapter. Not every enemy needs to be faced right now. Like a seasoned warrior, you want to choose your battles wisely.