

CHOOSING MY BATTLES

PART V



Worksheet 7

This worksheet helps you identify three habits to change—starting with the easiest and progressing to the most deeply ingrained—each victory strengthening your confidence for the next. As you move through this list, take a moment to pause before writing your answers. Imagine each habit you are struggling with. Picture it clearly—feel how it drains your energy and weakens your resolve, and then affirm your desire to be free from its hold.

Yes, I can!

Begin with a habit you feel confident you can overcome within about six months—something not too serious but likely to give you an early win and boost your confidence. For instance, you could think of cutting out sugary drinks, ending late-night snacking, or letting go of a small but recurring negative thought—such as criticizing a coworker. These are only illustrations to spark reflection; choose whatever habit feels most ready for change in your own life.

Raising the Bar

Now choose a habit that has a stronger effect on your life — perhaps a recurring attitude like complaining when things don't go your way, procrastinating on important tasks, or letting social media distract you from your work time, or overscheduling and being unable to honor all of your commitments. These are simply illustrations to help you find a troublesome habit.

A Formidable Foe

Finally, choose a habit that has woven itself deeply into your life and begun to control your behavior. By now, you're an experienced soldier, ready to face a major adversary. It might be a long-standing dependence on caffeine or late-night eating, a recurring pattern of self-criticism or flares of anger, or an ingrained drive to overwork that drains vitality and strains relationships. Choose a habit that has long held you in its grip—the one whose defeat would bring the greatest freedom and joy.

∞ INTERLUDE ∞



REFLECT ON YOUR CHOICES

Before moving on, take a moment to reflect on the habits you've chosen. Naming them is a powerful first step in the process of change. Pause here if you wish, and let this be the close of your session for today. When you are ready, return to the battlefield.