

EXAMPLE SHIVANI'S NEW HABIT WORKSHEET

PART V



Worksheet 11

To help guide you through the process of building a new positive habit, here is example from start to finish. I'll use a simple habit of drinking more hydrating beverages—one I myself am working to establish. By showing how I apply each of the steps to this process, you'll gain a clearer understanding of how to use these prompts effectively for your own habit creation. With this example in hand, you'll be better equipped to shape your own new habits with confidence and resolve.

1. Intention

HABIT: I will drink at least one and a half liters of water and other hydrating beverages each day.

WHY IT'S IMPORTANT: This habit is essential for my physical health, energy levels, and mental clarity.

2. Benefits

TANGIBLE REWARDS: Improved digestion, elimination, liver and kidney function, skin tone, and brain clarity.

EMOTIONAL REWARDS: I expect to feel more energized and enthusiastic.

LONG-TERM EFFECTS: This habit will foster a healthier, more energetic lifestyle that positively impacts my meditation, work, and overall well-being.

3. Visualizing Success

- Both of my water bottles are empty by the end of the day.
- My skin is glowing, my cells are awash with vitality;
- the neurons in my brain are joyfully leaping across the synapses.

4. Create a Daily Affirmation

- "I love to drink water; it's what my body and brain need."

5. Thought triggers

- Water before caffeine
- Small sips constantly
- Keep the small bottle with me

6. Action Plan

- I start drinking early in the morning.
- I fill the two large bottles with filtered drinking water.
- I take small sips throughout the day until about 5 p.m.
- I refill the bottle when it is empty.
- When my watch tells me to stand up every hour, I will drink.
- When my Water Reminder app notifies me every 30 minutes, I will listen and take a sip.
- I take my smaller bottle to class when I teach, attend a class, or go shopping.

7. Confront Inner Resistance

ANTICIPATED THOUGHT: "I don't like to drink water."

COUNTER-THOUGHT: "It tastes better when it is warm with a little lemon juice."

ANTICIPATED THOUGHT: "When I drink a lot, I have to go to the bathroom often."

COUNTER-STATEMENTS: "That is how my body flushes toxins. It's a good thing."

8. Tools and Resources

- I buy water bottles that mark my progress—one for my office, one for my dining room, and a smaller one for traveling.
- I put my name on the bottles.
- I download a water reminder app from the App Store.
- I have lemons on hand.
- I Carry a bottle with me everywhere.

9. Stepping Stones

- Begin with one liter. Finish one bottle, then gradually increase to 1.5 liters, then eventually to 2 liters

10. Supportive Environments

- Refill my water bottle whenever possible.

11. Network of Friends

- Whenever I see someone drink from their bottle, I drink from mine.
- I will find others who also want to drink more water, and together, we can support and remind each other.

12. Setbacks

SETBACK: Leaving the water bottle somewhere.

SOLUTION: Put my name on each bottle.

SETBACK: On low-water days.

SOLUTION: Start earlier in the morning; frontload the day.

SETBACK: Travel days with fewer bathroom options.

SOLUTIONS: Scope out bathrooms beforehand; go right before leaving; plan to pass known bathrooms at regular intervals.

13. First Steps

- Purchase two beautiful water bottles that keep me on track.
- Download the Water Reminder App.

*Take a moment to reflect on this example.
What habit do you feel inwardly ready to develop?
Turn now to the “New Habit” worksheet and
begin crafting your own.*