

MY NEW HABIT ALLY

PART V



Worksheet 12

Good habits are your best helpers; preserve their force by stimulating them with good actions. —Paramhansa Yogananda

1. Define Your Intention

The first step in developing a positive habit is to clearly define your intention. Be specific about the habit you want to create and why it matters to you. A fixed timeframe isn't essential, though setting one may help you stay focused and motivated.

2. Identify the Benefits

What practical benefits and deeper satisfactions will you gain from this new habit? Consider how it will enhance your life both in the short and long term — outwardly in your daily activities and inwardly, through a deeper sense of wellbeing.

3. Visualize success

Imagine yourself with this new habit fully integrated into your routine. What positive changes do you notice in your appearance, health, mindset, and overall well-being? How do you feel about yourself?

4. Create an Affirmation

Create an affirmation that embodies your intention. Keep it short, positive, and in the present tense. Repeat it aloud and mentally with conviction. As you do, visualize what you are affirming as already true — see it, feel it, live it. This combination of affirmation and visualization accelerates the formation of new mental pathways and gives your new habit life and momentum.

5. Identify the Thought Triggers

Every action starts with a thought. For example, the thought “I’m hungry” triggers a sequence that leads to eating. What thoughts will trigger your new habit and set the behavior in motion? Take time to think this through carefully and be as specific as possible.

6. Develop an Action Plan

A habit becomes established when a recurring set of actions is followed. What specific sequence of actions will help you establish this pattern in your daily life?

7. Confront Inner Resistance

Old thought patterns such as “I’ve failed before” or “This won’t work” can weaken your motivation. Bring these discouraging inner voices into the light by naming them clearly. What negative thoughts do you anticipate as you form this new habit? Write them down, and then note how you will respond when those thoughts arise.

8. Gather Your Tools and Resources

Effective change begins with the right supports in place. What tools and resources do you need to establish this new habit? Identify any practical aids (such as equipment, books, courses, instructors, or online materials) that will support your commitment and help you stay on track.

9. Stepping Stones

Stay motivated by setting smaller, achievable goals that mark your progress along the way. Each time you acknowledge one of these victories, you strengthen your confidence, reinforce your resolve, and build momentum.

10. Seek Encouraging Environments

What environments and situations — both real and virtual — will support you in maintaining your resolve?

11. Build Supportive Networks

Surround yourself with people who embody the habit you want to develop. Name the individuals who can inspire and support you as you develop this habit. In addition to human support, you may wish to draw on a deeper source of help — experienced as divine guidance, higher intelligence, or inner wisdom — by inwardly asking for support and remaining receptive to how it may appear.

12. Anticipate Setbacks

Not every day will go as planned. Unexpected disruptions, fatigue, or changing circumstances may interfere with your new habit. These moments are not failures — they’re part of the learning process. What kinds of setbacks might you encounter? How will you respond constructively, adapt your plan, and renew your commitment?

13. Take the First Steps

The most crucial thing now is getting started. What first steps can you take today to begin this change?
