

People you *admire*, Principles you *respect*

Person

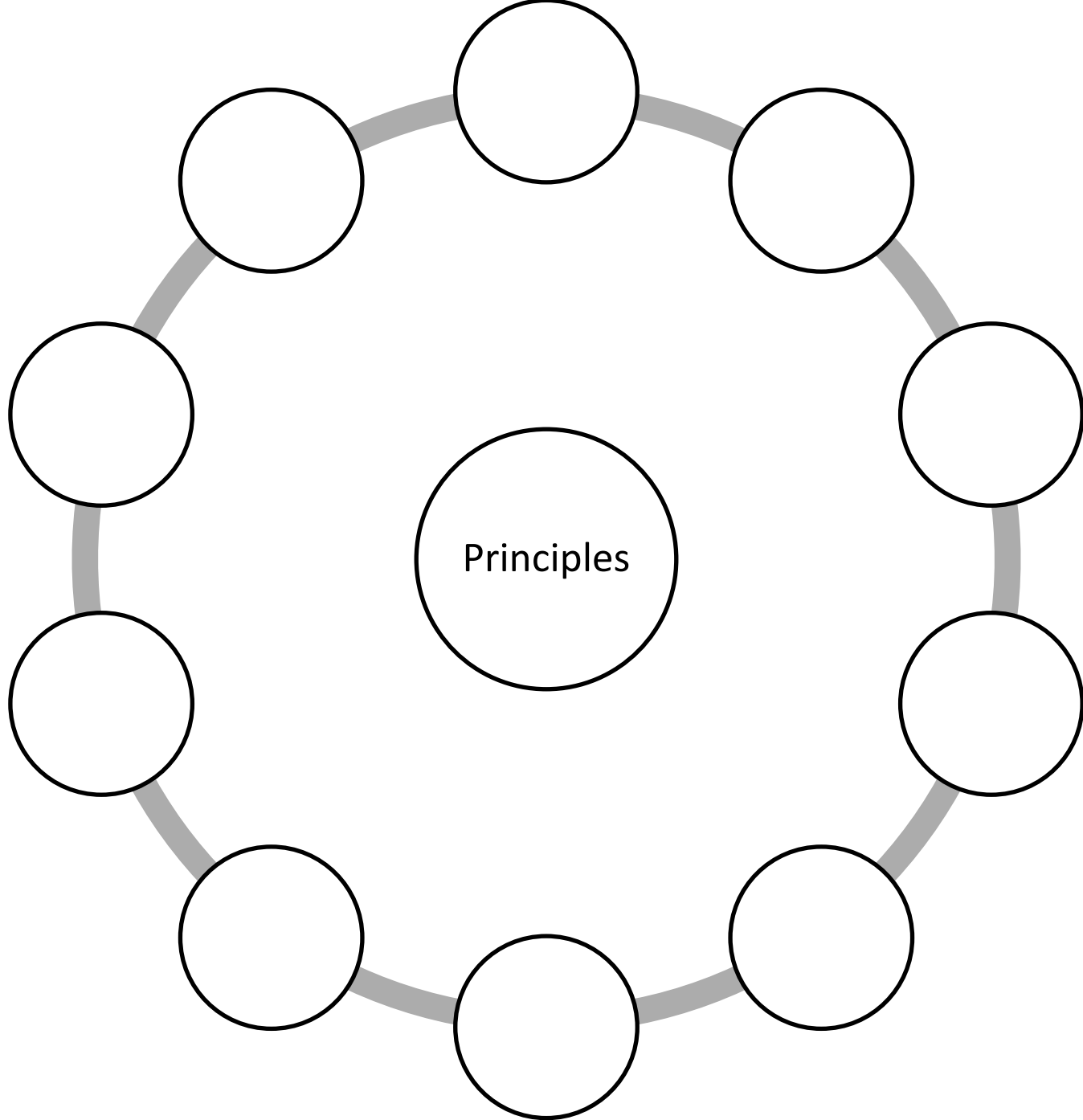
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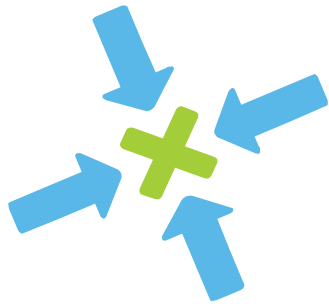
Principles

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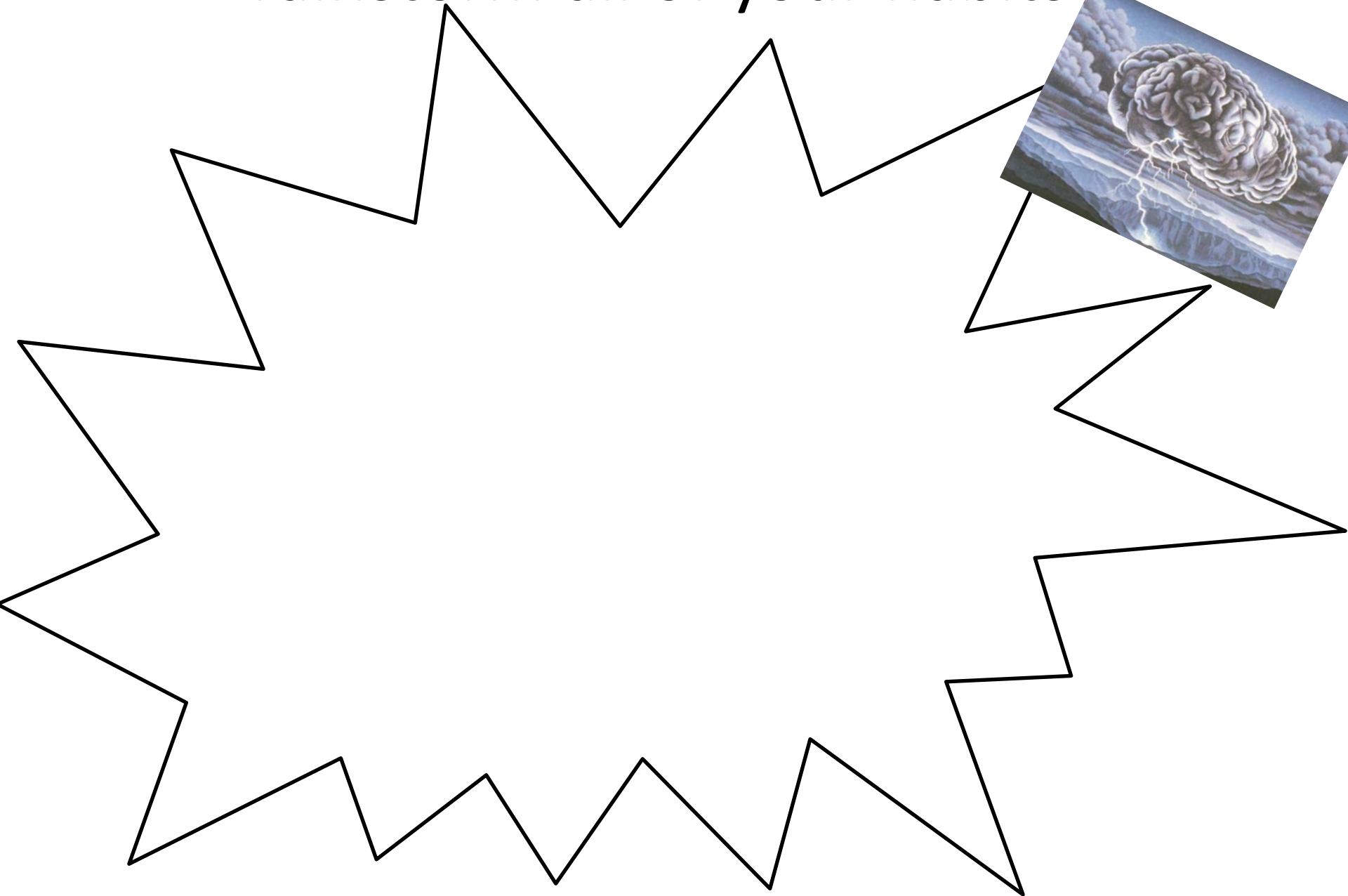
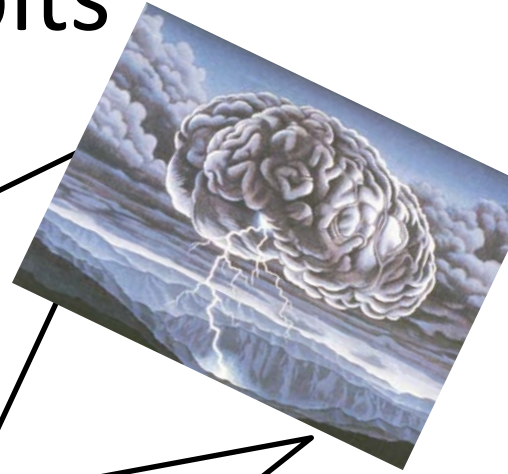


What do you spend most of your time thinking about?



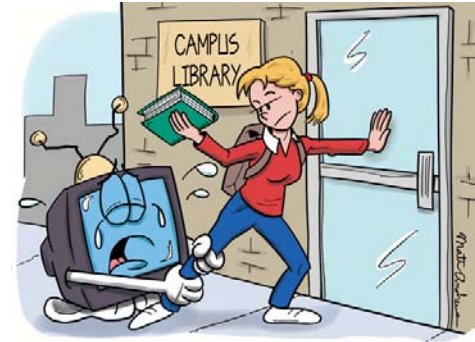
Why do you believe you center your life on these things?

Brainstorm all of your habits



You become what you repeatedly do

4 of my really good habits:

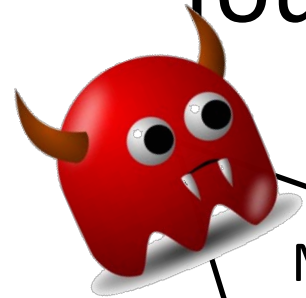


The reason I keep the 4 Habits
in my life is...

The good things that have happened
as a result of these habits are:

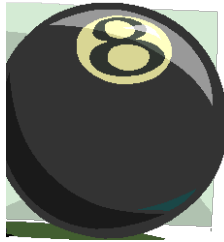


You become what you repeatedly do



My worst habits are:

The negative things that have happened as a result of these unhealthy habits are:



The habit I would like to change the most is...



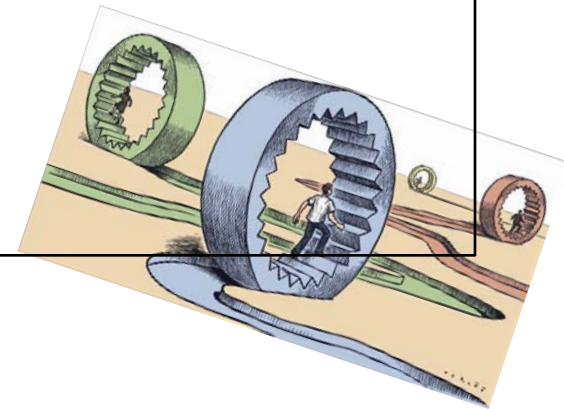
Challenges

List some of life's biggest challenges that you're currently facing.

What are some new habits that could help you with the challenges you're facing?

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Making it Stick



This habit aligns with which of my principles?

Do I need a new paradigm to be successful?

First steps:

A large, empty rounded rectangular box with a double-line black border, intended for writing the first steps to a habit.