

HabitShift

Workbook

Chapter 1: I Am Therefore I Change

Knee Deep: Your Middle Is Our Beginning

Chapter 1 Wrap-up

Knee Deep: Your Middle Is Our Beginning

What habits are you in the middle of changing?

--

If You're Stuck, What's Your "Why"?

What IS your 'why?'

--

Mining Gold from prior changes

GOLD from prior change: (behavioral, cognitive, emotional)
1.
2.
3.

4.
5.
6.
7.

Being Chunky

What might be your next best step now?

Chapter 2: First Steps – Oh, *THAT* Problem!

Chapter 2 Wrap-up

Chronic Contemplation

What is the shift you’ve been intending to make? For how long?

Willpower v. Won’t Power

On a scale of 1 – 10, how focused have you been on willpower as the root source of energy for making the change you want to make? 10 being exclusively relying on willpower.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Defense Mechanisms

Got any suspicions about what defense mechanisms you use?

Decisional Balance Matrix

Changing	
Q1: Like	Q3: Don't Like
Staying the Same	
Q2: Like	Q4: Don't Like

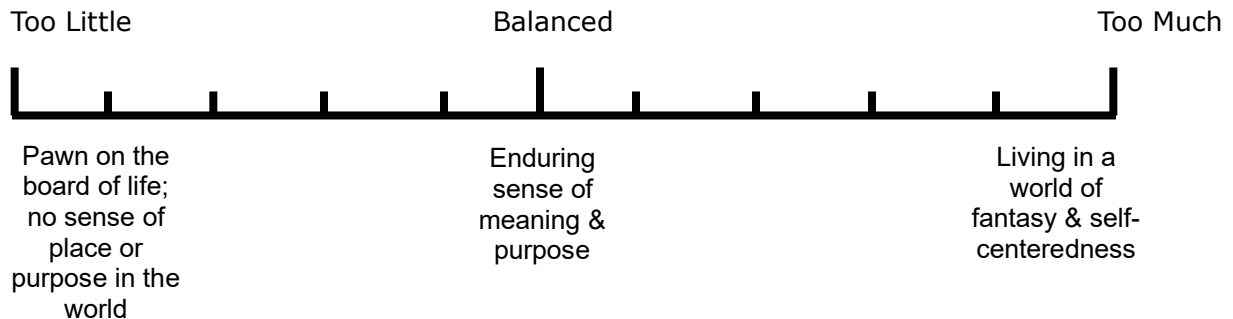
Changing How I Eat	
Q1: Like	Q3: Don't Like
Continue Eating As I Do Now	
Q2: Like	Q4: Don't Like

Exercise More	
Q1: Like	Q3: Don't Like
Feel more energetic	Have to clear multiple places in my schedule to work out.
Staying Still	
Q2: Like	Q4: Don't Like
I'm used to the little bit I do now.	My pant size seems to constantly grow.

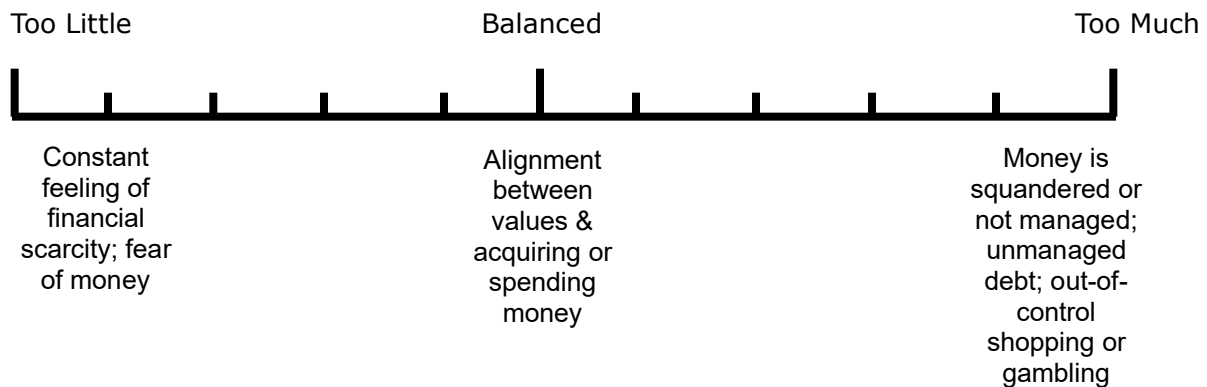
The 9 Opportunities for Balance

[Available from www.habitshit.com]

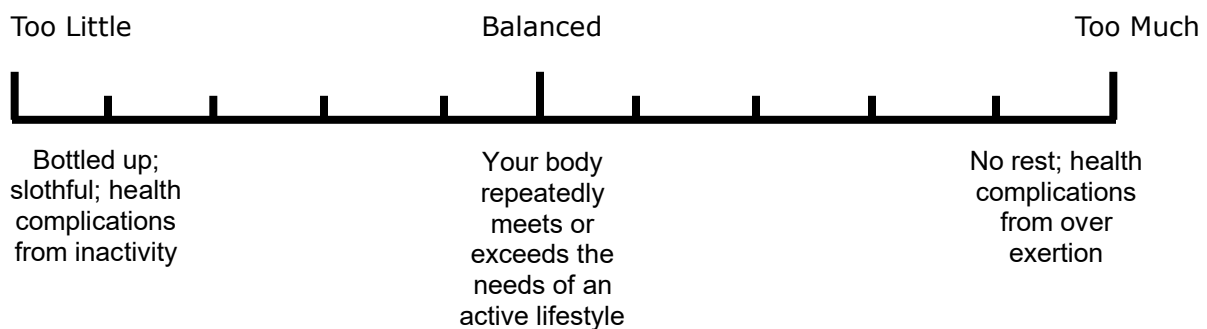
1) Spiritual:



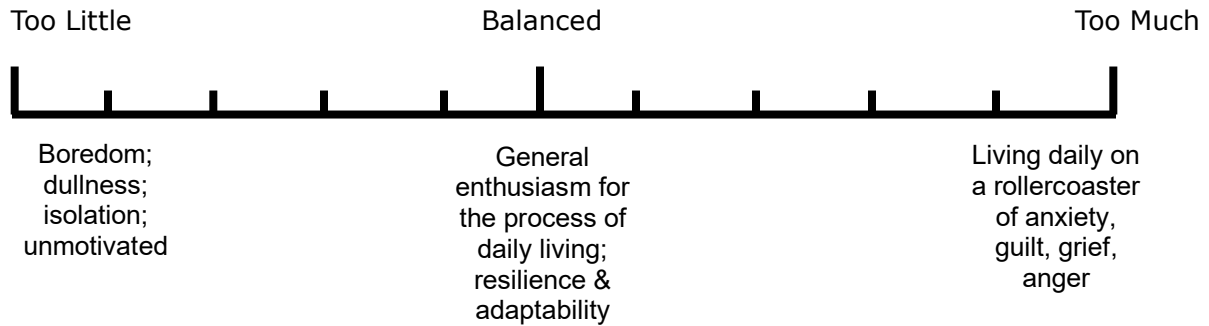
2) Financial:



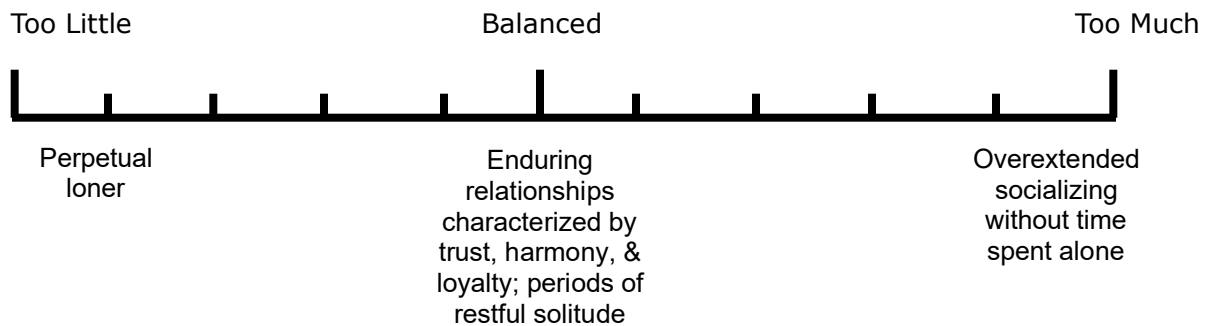
3) Physical:



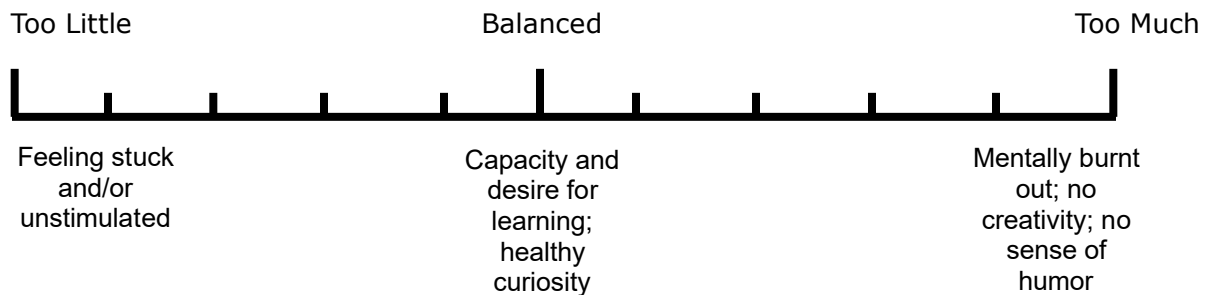
4) Emotional:



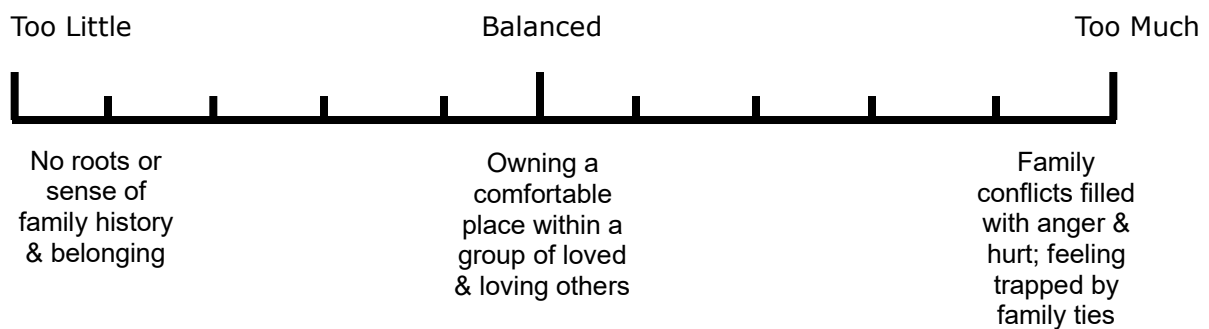
5) Social:



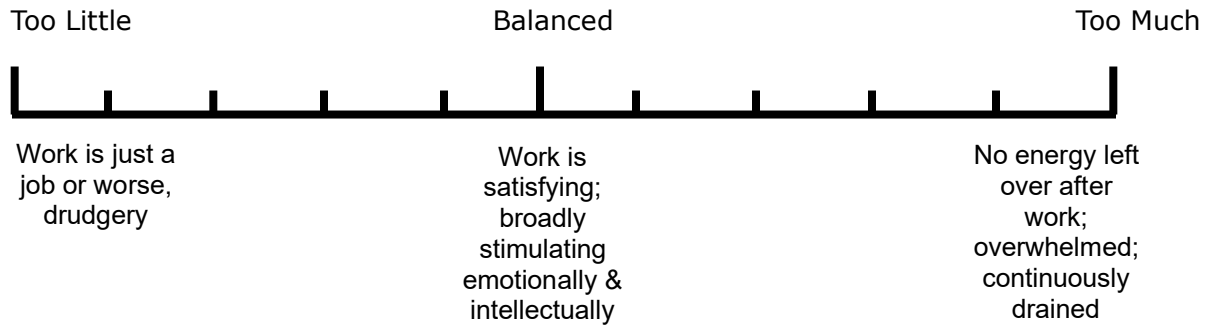
6) Intellectual:



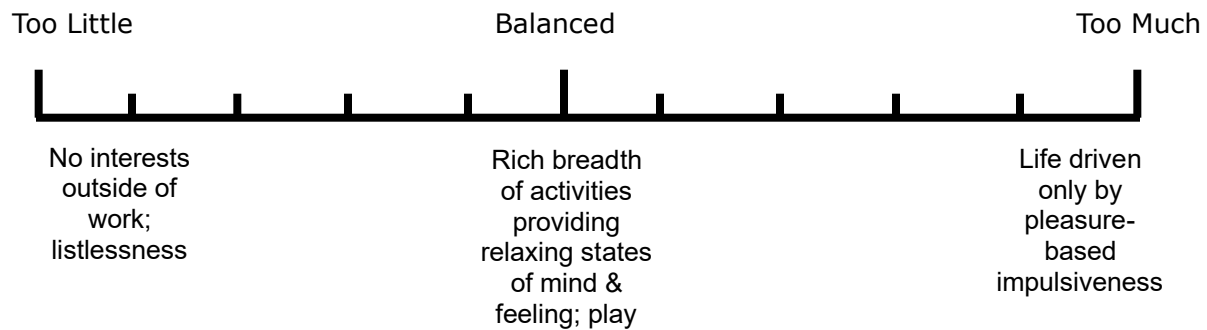
7) Family:



8) Occupational:



9) Recreational:



Life Balance Examples

Opportunity	Habit or Pattern of Balance	Habit or Pattern of Imbalance
Spiritual	Enduring practice of prayer, meditation, or contemplative time; seeing the “meaning” of your work.	Pursuing your personal pleasure exclusively; no commitment to the well-being of co-workers.
Financial	Contributing regularly to a savings plan; feeling like you can buy what you need on your current wage.	Valuing life only by money you have accrued; carrying unmanageable credit card debt.
Physical	Eating to fuel your body’s needs; abundance of energy to perform job tasks.	Frequent sick leave; walking to your car is strenuous.

Emotional	Feeling happy most of the time; responding positively to work challenges.	Feeling overwhelmed with personal challenges; no elasticity.
Social	Spending time with a circle of close friends; believing that teamwork brings better solutions.	Having no friends outside of work; partying so much that you aren't ready to solve problems at work.
Intellectual	Reading books on new subjects; taking personal and professional development classes.	Television is your sole source of mental stimulation; learning no new work skills.
Family	Proactively bringing family together; being your best self with your loved ones.	Hearing yourself say "If it weren't for my parents..."; carrying grudges for childhood hurts.
Occupational	Finding pleasure in managing problems...regardless; assertively pursuing mutual solutions.	Going home every night with no energy left for family; staying in a job and finding no growth and stimulation.
Recreational	Remembering to play; maintaining hobbies; healthy segments of your weekly schedule set aside for leisure.	Leisure time is merely different work than your day job; too tired to have fun.

Chapter 4 Wrap-up

Oh, Most Pernicious Contentment

Can you identify specifically what might trigger your movement off the familiar status quo?

Can you recall a blind spot you used to have but has since been unearthed, the glare of bright light shining on what has been hidden?

--

Chapter 5 Wrap-up

10 Tactics for Changing: Life Resources / Life Barriers

Who I Can Count On, or Not	<ul style="list-style-type: none"> + Embraced by support network. - Few truly close friends who know my struggle with this habit shift. 	+	-
What I Know, or Don't	<ul style="list-style-type: none"> + 10-minute lecture: "Here's what research shows about my habit". - No research done (no website; no book; no coach or counselor). 	+	-
How I Impact Others	<ul style="list-style-type: none"> + If I change, people in my life win big. - If I don't change, people in my life lose (miss significant benefits, a heavy opportunity cost). 	+	-
My Culture's Impact on Me	<ul style="list-style-type: none"> + Cultural reinforcements are strongly supportive of my change. - Cultural opposition holds back my change. 	+	-
Chains of Triggers	<ul style="list-style-type: none"> + I can assemble a chain of positive triggers empowering my change. - I see myself being triggered into old, unhelpful ways of behaving. 	+	-
My Willpower	<ul style="list-style-type: none"> + The list of reasons for why I want to change overpowers the list of reasons for staying the same. - The list of reasons for staying the same overpowers my list of reasons for making a change. 	+	-

Identity: The New Me	+ The habit shift is aligned with my best self, my highest values. - The habit shift is not a central part of my character; it does not relate to my highest values.	+	-
Choices	+ I see many simple and positive substitutions that can replace the habit I want to change. - I'm at a loss for finding positive and immediate substitutions.	+	-
Carrots and Sticks	+ When I make mistakes, I hold myself accountable but with kindness. Conversely, I give myself credit for small gains. - When I make mistakes, I punish myself and I only give myself credit for big wins.	+	-

Which resource offers/offered the Greatest Empowerment:

Which resource provides/provided the Greatest Resistance:

Chapter 6: The Launch

Emotional and Cognitive Habits

Do not pass over these lightly because past lack of successful change could quite easily be laid at the feet (Feet? Habits have feet?) of these powerful influencers.

Usually Described As Cognitive Habits	
<i>Most Often Helpful</i>	<i>Most Often Unhelpful</i>
Sustained Attention: Ability to remain focused on a task as required.	All or Nothing: All life is either this or that. No gradients.
Response Inhibition: Capacity to ignore intervening attractions to remain focused.	Catastrophizing: Making mountains out of molehills.

Quick Information Processing: Ability to think through issues and problems quickly and efficiently.	Discounting the Positive: Dismissing positive feedback as inaccurate. Wildly popular with perfectionists.
Cognitive Flexibility: Capacity to switch to new thoughts or points of view.	Emotional Reasoning: Feeling is truth regardless of the evidence.
Functional Memory: Effective capacity to learn, store, and retrieve thoughts.	Labeling: Taking very little or grossly inadequate information and assuming it is conclusive for all cases at all times.
Pattern Recognition: Ability to see trends; a macro frame of reference rather than a micro.	Mind Reading: Projecting onto others' traits, thoughts, opinions, etc. that may have absolutely no basis in fact.
Mental visualization: Ability to "see" possible futures.	Overgeneralization: Making broad, sweeping negative conclusions that ignore details.
Language: Ability to accurately articulate thoughts and ideas.	Personalization: Everything bad in the world or in other people you are responsible for. The Godzilla of all guilt trips.
Logic: Using reason to solve problems and make decisions.	Dunning/Krueger: Being unable to accept that we might be a lot more inept, or a lot more adept, than how we assess ourselves.

Usually Described As Affective (Emotional) Habits	
<i>Most Often Helpful</i>	<i>Most Often Unhelpful</i>
Optimism: Things are generally okay.	Pessimism: Things are generally crappy.
Courage: Confident taking risks.	Fear: Bad things are going to happen.
Love: Love is a habit? Intentionally cultivating a loving attitude? Sure! Grow compassion? A habit of care.	Hate: Extreme disregard mixed with fear and anger.
Empathic Joy: Delight in the success of others.	Anger: Strong feeling of displeasure and frustration.
Resilience: Get over it and move on.	Defeatism: It's no use.
Belonging: Enveloped in a blanket of care by others.	Abandonment: Feeling left alone by those we care about.
Abundance: "The wind brings me enough fallen leaves to build a fire."	Deprivation: Never getting what we need.

Empowerment: Influencing outcomes. Not control: influence.	Victimization: People always take advantage of us; never feeling in charge.
Open receptivity: Trusting that it is sufficiently safe to be open to what may come along.	Unlovability: Bottom line is that we have insurmountable flaws.
Self-compassion: Offering ourselves kindness.	Perfectionism: Very good isn't even close to being enough; any outcome other than perfection is total failure.

Conative Habits

Becoming aware of conative habits and making choices about them provides what might be called 'leverage' for making effective choices.

Time for a couple examples:

Conative Habits	Definition	Example
Emotional regulation	Ability to respond with appropriate emotion to events.	Keeping emotions in check to make a group decision or allowing free expression of emotion to celebrate a success.
Creating a gap between stimulus and response	An event occurs, we pause to ponder, we choose a response.	We are asked a challenging question, we don't answer immediately but pause to consider, then respond.
Self-management	To the extent possible, with thoughtful intention, choosing how we live.	Developing change competency, developing goals, managing stress and fitness, disciplined decision-making.
Adaptability	Responsiveness to changing context.	Get laid off, explore new career opportunities for a new beginning.
Stillness	Settling, quieting, sitting.	Meditation, daydreaming, deep breathing without inhaling bad stuff.
Value awareness	Being clear what we find to be important.	Aligning our behavior with our values.
Critical thinking	Disciplined cognitive processing.	Using expert advice to choose between cars.
Resilience	Bouncing back.	After a protracted health challenge, reestablishing our well-being.
Delaying gratification	Putting off rewards for an improved longer-term gain.	Deciding to apply for college rather than immediately going into the workforce.

Self-accountability	Taking responsibility for our actions.	Owning mistakes; asking for correction; apologizing.
----------------------------	--	--

Chapter 6 Wrap-up

Emotional Habits

Can you identify emotional patterns operating in your life?

Cognitive Habits

Can you identify cognitive patterns operating in your life?

Conative Habits

Can you identify conative patterns operating in your life?

Chapter 7: Keeping the Fire Alive

Slip, Slide, Collapse

What are the most likely ways a slip will get up in your face? Ponder. Record below.

Self-Talk

What are the sentences that seem to be familiar to you when you screw up?

The Table Tilts

How will the key relationships in your life be influenced over the next year or so if you were to be successful making this habit shift?

Chapter 7 Wrap-up

Slip, Slide, Collapse

What specifically happened to make you vulnerable to a slip and what ideas do you have for recovery?

Self-Talk

What expletives of self-degradation are your favorites?

What words of encouragement are your favorites?