

Saturday Morning Ritual

Episode 23: The Habit Game: Winning Against Bad Habits



WHAT HABITS CONTRIBUTED TO MY VICTORY?

WHAT SETBACK DID I HAVE AND WHAT HABITS DO I HAVE THAT CONTRIBUTED?

WHAT IS A BAD HABIT I WOULD LIKE TO BREAK?

CAN I BE MORE SPECIFIC?

CAN I CHANGE THE CUE?

CAN I CHANGE MY MOTIVATION:

CAN I CHANGE MY ABILITY?



*Episode 23: The Habit Game: Winning
Against Bad Habits*

Saturday Morning Ritual

www.adventuresofdeanna.com