

Whole **LIFE** in Action

LIFESTYLE IMPROVEMENT. FOCUS & ENGAGEMENT

What is 1 simple habit, that if I stick with over the next 6 weeks, will improve my life and/or work?

How will I feel 6 weeks from today after committing, and consistently recommitting to showing up?

AFFIRMATION

I CAN CHOOSE TO CREATE **ANY LEVEL** OF **POSITIVE** CHANGE I COMMIT TO.

I CAN CHOOSE TO OPEN MY HEART & MIND TO CHANGING— THROUGH ALL RESISTANCE.

I WILL CHOOSE CONSCIOUSLY— TO **IMPROVE**.

WEEK 1

CELEBRATION

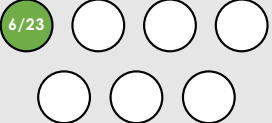
What will I do to **celebrate** completing all 6 weeks?

Decide **now** and **commit**.

WHAT IS THE GAME I WILL WIN THIS WEEK?

MY WK1 COMMITMENT IS:

DAYS THIS WEEK I SHOWED UP



WEEK 2

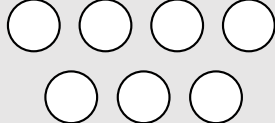
CONSISTENCY

Consistency is **everything**. It's much more powerful to do a little bit each day, than to overdo it inconsistently.

WHAT IS THE GAME I WILL WIN THIS WEEK?

MY WK2 COMMITMENT IS:

DAYS THIS WEEK I SHOWED UP



WEEK 3

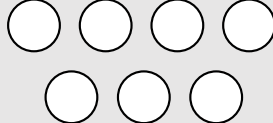
SEQUENCE

What is **possible** in my routine with a little more **intention**, or a little more design thinking?

WHAT IS THE GAME I WILL WIN THIS WEEK?

MY WK3 COMMITMENT IS:

DAYS THIS WEEK I SHOWED UP



WEEK 4

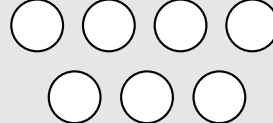
PRESENCE

What am I willing to do **more of / less of**, in-service of my commitment?

WHAT IS THE GAME I WILL WIN THIS WEEK?

MY WK4 COMMITMENT IS:

DAYS THIS WEEK I SHOWED UP



WEEK 5

PERSISTENCE

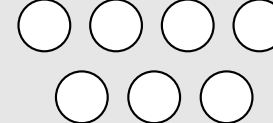
"When in doubt, just keep **showing up** like you don't know any better."

-kc

WHAT IS THE GAME I WILL WIN THIS WEEK?

MY WK5 COMMITMENT IS:

DAYS THIS WEEK I SHOWED UP



WEEK 6

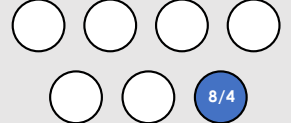
REFLECTION

What was predictable about the last 5 weeks, and what will I do **NOW** to make this whole journey a successful one?

WHAT DOES **FINISHING STRONG** LOOK LIKE?

MY WK6 COMMITMENT IS:

DAYS THIS WEEK I SHOWED UP



What has been 1 surprising side effect of pursuing my new positive habit?

NAME