

Growth Plan

(Continue on additional pages if necessary.)

Identify Limiting Habits

In 1st Quarter's "Year Goal Planning," you wrote some clear "Balance" statements describing the specific results you would like to see in your life by the end of this year in the 8 Areas of Balance (SPIRITUALITY/VALUES, EMOTIONAL FITNESS, HEALTH/PHYSICAL, LEARN/CREATE, RELATIONSHIPS/FAMILY, FINANCES/SELF-RELIANCE, SERVE/HELP OTHERS, ORGANIZE/BEAUTIFY). Review those statements now or create them if you have not yet created them.

Of these areas, which one stands out the most? (Which is most important to change now, or which area have you struggled the most to change?) _____

What Major Habit (action, trait, thought, belief, etc.) is repeatedly getting in your way in this area? You may need to ask a peer or loved one to help you identify what is really holding you back. In general terms describe the Major Limiting Habit you would like to change.

Usually, difficult limiting habits are made up of a growing number of minor habits; e.g. overspending may be supported by: 1) comparing yourself to others, 2) seeing ads, and 3) not planning long term; each, when taken individually, may be easier to conquer. List the minor limiting habits that contribute to this Major Limiting Habit.

Identify triggers that start you down the path of the habits listed above (e.g. Who are you with? Where are you? Is there a specific time/event/stressor?).

What benefits do you experience from this habit (even short term)?

Identify some healthy alternatives that produce similar benefits.

Create a Success Statement

A Success Statement is a positive, present tense statement of your desired goal result. To stop smoking when stressed, a Success Statement could be: "I will not die from lung cancer; I am healthy; when stressed I paint."

Write a description of the extreme potential negative consequences if you don't make a change and this habit continues to grow unchecked.

Write a description of potential ultimate positive results if this limiting habit is eliminated and replaced with positive habits. (e.g., I am ...)

Using your thoughts above, write a Success Statement. _____

Create an Initial Growth Plan

Research what others have done who have successfully overcome similar habits and reached their goals. List books to read, people to contact, classes to take, groups to investigate, etc. _____

How can your friends or loved ones help? _____

What steps will you take to eliminate your habit and reach your goal? (When will you repeat your Success Statement(s)? What will you stop doing, and what will you start doing?) _____

Determine some rewards or punishments for difficult short-term steps.

Identify and enlist a support group or a person who can be a success partner or coach to encourage you and hold you accountable.

Next Steps

Execute your plan. Place reminders around your environment and write steps in your planner. Realize you and your environment change frequently, so you will need to continually change your plan. Evaluate your progress in your "End of Week Reviews" and "Monthly Logs."

Remember to note your successes and adjust your plan regularly.