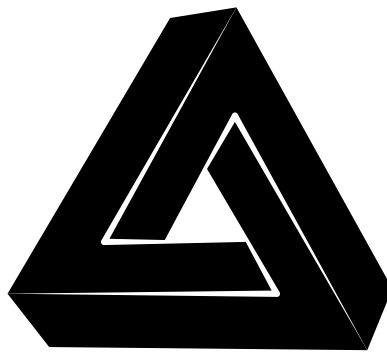


5 Steps to Simply Thrive Now with Habits



simply thrive now

with grit, resiliency & mindfulness

Life Coaching by Abby Jane Green

<https://www.simplythrivenow.com>

Define Your Identity

1

Who are you?

2

What do you value?

3

What do you want to become?

4

What do you want to spend time doing?





*Identity is the
North Star to
habit change*

Behavior

What behaviors define my future identity?



Emotion

We can form habits quickly if we connect them to positive emotions. Use celebration to help habits stick.

Write down some positive emotions you like to feel and ways you can use celebration to connect them to your new habits:



Understanding Human Behavior

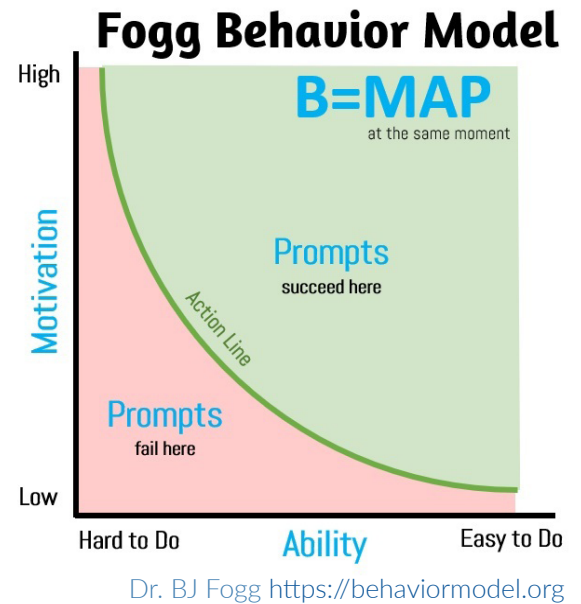
A behaviour has 3 distinct components:

1. Motivation
2. Ability
3. Prompt

1 Write down some of your motivations:

2 What can you do to improve your ability in those critical moments to build a habit:

3 Write down some ideas for prompts you could put in your life:



Creating Tiny Habits

Create tiny habits for 2 or 3 of the behaviours you identified on the behaviors page.

1 Break them down into tiny actions:

2 Make a plan to anchor this to your current routine:

3 How are you going to celebrate?



Notes

