



21-Day 'Kick Into Action' Teleseries

Please Print This Worksheet And Have It With You During The Call

www.21DaysOfAction.com

Day 19 – Breaking Negative Habits

Notes:

Checking in with your goal

Remember to rewrite your goal today:

I am so happy and grateful

Daily Action

Write down your **Daily 7 Practical Action Steps™** for today:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Just because you have a thought doesn't mean that it's _____!

Identify Negative Habits

Who have I been?



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Notes:

What do I want to change about myself?

Choose one of these destructive emotional states that best relates to your situation.

DESTRUCTIVE EMOTIONS

Insecurity	Sadness	Frustration
Judgement	Envy	Greed
Worry	Jealousy	Disgust
Fear	Hatred	Anger
Depression	Guilt	Resentment
Anxiety	Shame	Other
Suffering	Regret	

Pattern Interrupt

1. Picture yourself in an event in your life where you easily fall into an old behaviour pattern.



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2. Now become aware of that same scenario where you easily fall into an old behaviour pattern and apply the STOP mechanism!

Notes:

Write down 5 Frontal Lobe Questions that will allow you to break old patterns and to contemplate and create a new mindset.

- Q. _____
- Q. _____
- Q. _____
- Q. _____
- Q. _____

How would this new person NOT think? What wouldn't be those thoughts, attitudes, beliefs, perceptions?

How would this new self be? What would you feel?

How would this new self NOT be? What would you NOT feel?



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Notes:

End Of The Day Questions

Q. _____

Q. _____

Q. _____

Q. _____

Q. _____

Homeplay

1. Take a walk 'in the NOW' for 10 – 20 minutes a day.
2. Remember to go into the Theatre of Your Mind and update and rehearse your Mental Movie throughout the day.
3. Do your **Daily 7 Practical Action Steps™** today.