

# Creating Good Habits



This guide goes along with "Q on queue – Episode 054: Habits", available at [www.qonqueue.com](http://www.qonqueue.com) and through most major podcast sites and apps.

## **NEW HABIT I WOULD LIKE TO CREATE:**

### **I need to create this new habit because:**

- I want to make a change
- I truly need to make a change
- I probably should make a change
- It's really important to me
- Someone is requiring me to
- All of the Above
- Other: \_\_\_\_\_

### **What resources or people could help me in creating this new habit?**

### **What challenges or obstacles might I face? Identify any and all that you may come up against, including thoughts, physical concerns, feelings, excuses, people, etc.**

### **Are these obstacles I can control? How do I plan to deal with them?**

### **If I start to lose motivation to keep going or get frustrated, I will...**

### **Regarding this new habit, I am feeling:**

- Excited
- Motivated
- Nervous
- Anxious
- All of the Above
- Other: \_\_\_\_\_

### **I am committed to starting this new action or behavior on:**

### **My first action will be:**