

6 QUESTIONS TO ASK YOURSELF BEFORE CHANGING A HABIT

2. DID I THINK IT THROUGH?

Take five minutes to slow your brain and body. Consider the habits that have become unconscious and automatic for you. Write down those you wish to change.

1. AM I BEING TOO HARD ON MYSELF?

We often approach change from a place of criticism: "I'm doing everything wrong!" Studies show that engaging in negative self-talk can increase your chances of slipping back into your habit worse than before. Stay positive!

3. IS IT TRUE FOR ME?

We often change because of external pressures (e.g., recent research says it's "bad" or our peers have rejected it) when it's actually a behavior that works for us. The trick is to ask ourselves if it's a life-sustaining and revitalizing behavior, or if it only provides immediate gratification.

4. WHAT'S MY PRIORITY?

Prioritize your habits based on the considerations above. Identify one habit that you're certain you wish to change. Make this your focus.



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