




Head to Heart to Habit™

Framework for Behavioural Change to Get to a Goal

Name

Date

<p>1. Goal <i>My goal is to</i></p> <p>By (date)</p>	<p>HEAD</p> 	<p>2. Head (page 61 of book) <i>To get to my goal, the targeted behaviours are:</i></p>	<p>HEART</p> 	<p>3. Heart: Emotional Drivers (page 70 of book) ... <i>driving me towards my goal are:</i></p> <p><i>I will reflect on my Emotional Drivers every _____ at _____ am/pm.</i></p>	<p>4. Heart: Emotional Derailers (page 73 of book) ... <i>holding me back from my goal are:</i></p>	<p>5. Heart: Reframe Emotional Derailers (pages 88, 93, 115 of book) <i>I will reframe my Emotional Derailers as follows:</i></p> <p><i>I will reflect on reframing my Emotional Derailers every _____ at _____ am/pm.</i></p>
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<p>HABIT</p> 	<p>7. Habit: Manage Goal <i>Start with a Smaller Goal</i> (page 124 of book)</p> <p><i>Be Specific</i> (page 128 of book)</p> <p><i>Measure It, Track It</i> (page 132 of book)</p>	<p>6. Habit: Manage Mindset <i>Seek Progress, Not Perfection</i> (page 136 of book)</p> <p><i>Practice Outside of the Arena</i> (page 142 of book)</p> <p><i>Reflect on Progress, Celebrate Wins</i> (page 144 of book)</p>	<p>8. Habit: Manage Environment <i>Manage Triggers</i> (page 146 of book)</p> <p><i>Incorporate New Behaviours into Existing Routines</i> (page 150 of book)</p> <p><i>Find a Journey Partner</i> (page 152 of book)</p>
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