



Golden presents

# A Self-Care Worksheet

## Translating Goals into Action: A Habit Manifestation Worksheet

Many of us have deeply meaningful goals that inspire and motivate us. However, if those goals feel impossible or out of reach, we can start to feel defeated or overwhelmed.

One of the best ways to accomplish a seemingly impossible goal is to **turn it into a habit**.

This worksheet will help you articulate your goal, determine the most essential step towards accomplishing that goal, and select a sustainable, daily habit that moves you closer to your goal.

What do you truly want? Write your goal below. Go into detail about it.

What emotions are connected to this goal? How will accomplishing this goal make you feel?



Take a few minutes to brainstorm. Write down the steps needed to accomplish your goal. Write freely and don't worry about how you'll accomplish everything. The objective here is to identify tasks and daily habits that can support your goal.

Next, reflect on this quote by Gary Keller, author of *The One Thing*:

“What is the one thing that you can do, such that by doing it, everything else is easier or unnecessary?”

This step can be tricky, so here are some examples:

- If your goal is to lose 10 pounds, you might keep a food diary to become more mindful of your eating habits so you can make more nutritious choices. Your “one thing” could be: *Write down what I eat every day so that I can be more aware of the less-than-nutritious foods I'm eating.*
- If your goal is to write a book, your “one thing” could be: *Commit to sitting at my computer and writing for 30 minutes every day.*
- If your goal is to improve your fitness, your “one thing” could be: *Include a brisk walk or run in my daily routine.*



Remember: small behaviors can add up to big results. What is the **one habit** you can create that will make the attainment of your goal easier over time?

Your next step is to overcome *the obstacle of limited willpower* by making this habit completely manageable and sustainable—even on days when you're tired or stressed or unmotivated. How do you do that? You take a larger task that requires substantial motivation (restricting calories for weeks, completing a full workout every day, writing a whole chapter, etc.) and you select a corresponding **mini habit** you know you can do no matter what.

According to James Clear, author of *Atomic Habits*, mini habits contain tremendous power, and the results add up quickly.

Here are some examples:

- To get in the habit of food tracking, decide to *track just your breakfast every day*.
- To get in the habit of writing, decide to *write just 50 words per day*.
- To get in the habit of working out, decide to *put on your running shoes and just walk around the block every day*.

Many times, it is small behaviors that launch us into further action. We get to enjoy that taste of success and accomplishment.

What are some mini habits that can help you achieve your goal? List the small things you can do that will help you stay focused and build momentum.



After you identify your mini habit, commit to sticking to it for at least one month.

Put an 'X' on the calendar below to record your progress and have a visual representation of your commitment.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Finally, keep it going...most behaviors take an average of 66 days to become a habit.