

Who's in Charge of Your Habits?

"Habits are first cobwebs, then steel." Unknown

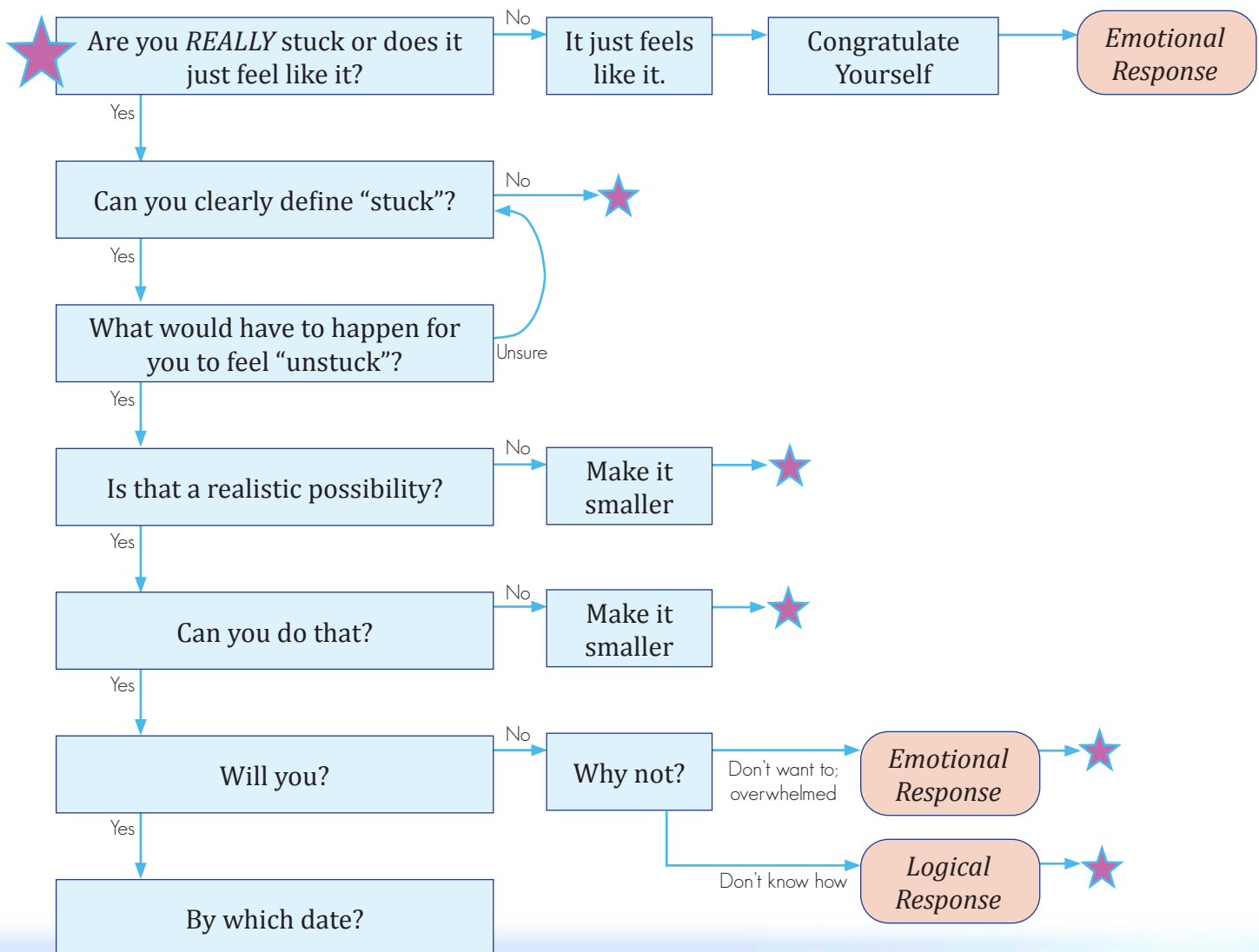


Feeling stuck in your habit?

This flowchart will help you find your way back to moving at full speed.

When you have too much to do, you're too busy, or you don't know how, simplify the project by making the task smaller, and/or asking for help. Loosen the timetable. Give yourself some room. (Logical Response)

When you've lost your inspiration, feel defeated or overwhelmed by how far you have to go, pick *only* one thing to do, and force the action despite your feelings; in effect, "fake it until you make it." (Emotional Response)



Intentions Affirmations Manifestations
FROM "WHAT IF..." TO "WHAT NEXT..."

Scott "Q" Marcus • www.ThisTimeIMeanIt.com
scottq@thistimeimeanit.com • 707.834.4090
facebook.com/groups/intentions.affirmations.manifestations

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