

Worksheet

The Edge Team Training

Module 5 – Session 3

Showing up with New Habits

EXERCISE 1. Pick a new habit

What new habit would you like to have in your personal life or work life?

EXERCISE 2. Identity

Secret #1: Change your identity first to start a new habit

Example: I am a runner. What do runners do? They run. Even though you may not be a great runner since you have just started, you are still a runner. You can improve from there.

What is your new identity that matches the new habit?

EXERCISE 3. Identity

Secret #2: Change your identity leads to delight

What is the smallest next step you can take in your new identity and habit?

Example: I can run to the end of the block each day. At first, the habit of showing up to run is more important than the actual running.

EXERCISE 4. Cue

Secret #3: Delight leads to disciplined automatically

What cue / trigger will trigger your new habit?

Example: You can stack this on another habit. When you brush your teeth, then... or put your running shoes next to your bed so that is the first thing you see in the morning.

What is your cue?
