

WEEK 34 of #YOUR2024STORY

Journal Prompt: *The foundation of change; building lasting habits*

Journal Prompts:

- 1) What positive habits am I currently working to establish? Describe why these habits are important to me and how they align with my personal goals.
- 2) What strategies have been most effective in forming these new habits? Elaborate on specific methods or routines that have helped me integrate these habits into my daily life.
- 3) Are there any specific techniques or tools that have helped me stay consistent? Discuss any apps, planners, or other resources that have supported my habit formation.
- 4) How do I track my progress and hold myself accountable? Detail the systems I use, such as journals, checklists, or accountability partners.
- 5) What challenges have I faced in trying to establish these habits, and how have I overcome them? Reflect on any obstacles and the solutions or adjustments that have been effective.
- 6) How do I stay motivated to continue working on these habits? Identify the sources of inspiration and motivation that keep me committed.
- 7) What impact have these new habits had on my daily life and well-being? Consider both the tangible and intangible benefits that have resulted from these habits.
- 8) Are there any habits I need to change or eliminate, and what steps am I taking to do so?
- 9) Analyze any negative or less productive habits and the strategies I am using to address them.
- 10) How do I celebrate my successes and milestones in habit formation? Think about the ways I acknowledge and reward my progress.