



THE Possibility MOM

CHAPTER 11

HIGH IMPACT HABITS

Visualization

Change a challenging situation by using visualization. Visualize yourself responding to a situation in the most ideal way and repeat it over and over in your head, as if it were real. Continue this process until you can live it out in practice as close as possible to your visualization. Write it out below:

Make Your Morning Count

What could you accomplish if you woke up 15 minutes before your regular wake-up time? Design your most ideal morning routine below:

Make Your Evenings Sacred

Sleep is critical for us to be able to show up for the people who matter most. Design a restful wind-down routine below and keep it sacred:



THE Possibility MOM

CHAPTER 11

HIGH IMPACT HABITS

Schedule Self-Care

When and where can you schedule self-care time? Can you trade babysitting time with a friend? Can you hire a babysitter every Saturday morning so you can get your nails done? Can you pack up the kids in the car during nap time and enjoy a book and a latte while they sleep? Brainstorm below:

Be more intentional with your phone

Do you have a healthy relationship with your phone? Would you benefit from "black-out" times where your phone remains out of reach? Brainstorm some boundaries below:

Break a Bad Habit

What is one "bad habit" you really need to break? In order to reprogram your brain, what do you need to say to your "habit voice"? (see pages 140-143 of The Possibility Mom)

For more on changing habits, check out my signature program **Conquer Your Calendar** and my **1-on-1 Coaching Program**.