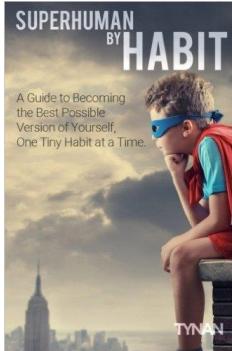


val **YOU** able  
actYOUlization worksheet



## Superhuman by Habit

A guide to becoming the Best Possible Version of Yourself One Tiny Habit at a Time.  
By TYNAN ©2015

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*The glorious benefit of a habit is that it converts something that requires a lot of will power and focus into something that becomes automatic and often outside of our conscious thought.” ~ Tynan*

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### Is it Easier to.....

## Subtract or Add a Behavior to Your Life?



Tynan ask us: would you rather cut out junk food, or go the gym? If your answer is cut out junk food you prefer to subtract behaviors. If your answer was go to the gym you prefer to add behaviors.

### Choose 1 Habit to Start & Break it Down:

For example: The goal is to eat healthier and cut out all junk food. To start you can replace soda with water. Then replace chips with nuts etc., just keep building.

- Your Turn:

### Identify what your trigger will be to implement the habit and also what triggers you to break it.

Remember triggers can be anything. Event, emotions, and environment (location & time) are all common triggers. So you want to identify a trigger that will remind you to implement the habit. Have a plan. Also you need to identify the triggers that temp you to quit the habit. Make a plan to overcome the temptation.

- Implementation Trigger:
- Temptation Trigger: