

EXTRAORDINARY HABITS

HOW HEALTHY HABITS
CREATE HIGH FLYING
SUCCESS

WORKSHEET

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Your success lives and dies by your habits. Your positive habits propel you forward without effort. Your negative habits act as an anchor and keep you stuck in your current situation.

Creating positive habits and dropping negative habits can push you up to a new level of success.

Answer these questions to gain a better perspective of how negative habits might be holding you back, and how you can regain control...

1. What are my current goals?

2. Which of my current habits support the pursuit and accomplishment of these goals?

3. Which of my habits create challenges with regards to my goals?

4. Which habit is creating the greatest impediment to my success?

5. What is the benefit of this negative habit? What do I gain by performing this behavior?

6. What new, positive habit would satisfy the need that the old habit addresses?

7. What are the three most important habits I could develop to support my goals?

8. How will I develop these habits?

Accountability

According to recent studies you must repeat an action 66 times consecutively before it becomes automatic. Forming a new habit takes anywhere from 18 to 256 days. My final question to you is:

How will you ensure that your new behaviors become new habits?

If you want to try it on your own, create a plan and work the plan. If you find that you are reverting to old behaviors, contact me for a complimentary consultation where we will uncover the obstacles and challenges holding you back.

Schedule a Project Breakthrough Session
and Achieve Your Most Successful Future!

Schedule NOW!



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