

Habit

ACTION CHALLENGE

What is the Habit-Building Action Challenge?

Action challenges pop up in the Collective a few times a year and are designed to help you accelerate momentum, take ACTION towards a certain goal, and get sparkling doses of support! This 21-day challenge is designed to help you - and us as a *community* - begin to take action to build a positive habit that will support your purpose and build awareness around the less-than-helpful habits that hold you back from making magic.

What do I need to do?

There are only four things you need to do to take part in the Challenge and win a prize:

1. Complete the Habit Reflection.

Fill out the Habit Reflection worksheet (page 3) before beginning - it's quick and easy!

2. Tell the Collective you're "in" for the Challenge!

[Comment on this post](#) with your Habit Pledge (page 4) by 11:59 pm PT on 7/22/20.

3. Complete the Habit Tracker.

Track your habit using the Habit Tracker worksheet (page 5) for 21 days **starting 7/23/20**. Simply check off days you DO your habit and notate any days you don't.

4. Submit your Challenge Reflection.

[Submit this brief reflection form](#) to let me know how it went by 11:59 pm PT on 8/15/20.

Anything else I should know?

You'll see prompts to keep us engaged on this topic. Also, [RSVP to join our group Challenge call](#) on 8/6/2020 at 4pm PT when we'll discuss habits, obstacles we've faced, and share our little and big wins! Lastly, don't miss my live overview for more context!

HABIT REFLECTION WORKSHEET

Example

What is **one hurtful behavior** that is distracting me from creating my purpose? Why?

When I mindlessly and consistently scroll my phone during the work day, I feel distracted, unfocused, and frazzled. I wish I could focus more on what matters most and regain control.

What is **one positive habit** that would help curb the above behavior and create my purpose?

I want to limit my phone usage during the work day – especially on Instagram and Facebook.

What are **three major obstacles** that would stop you from creating this habit?

No personal "policy" or boundaries around phone usage.

Keeping my phone next to me on my desk.

Requirement of using Instagram for my business.

What are **two actions per obstacle** you can take to help ensure you build this habit?

Read "Digital Minimalism" book. // Create personal policy around phone usage.

Place phone across the room (or downstairs!) // Check phone only at certain times of the day.

Batch content creation for the week. // Set recurring time blocks for IG monitoring.

HABIT REFLECTION WORKSHEET

What is one hurtful behavior that is distracting me from creating my purpose? Why?

What is one positive habit that would help curb the above behavior and create my purpose?

What are three major obstacles that would stop you from creating this habit?

What are two actions per obstacle you can take to help ensure you build this habit?

HABIT PLEDGE

I, _____ commit to building a new habit over the course of 21 days, starting on July 23rd, 2020.

The habit I will work to build is _____
_____. It is important to me because _____
_____.

If I complete my Challenge Tracker, I will reward myself with _____
_____.

If I don't complete my Challenge Tracker, I will promise to _____
_____.

I will do the following three things to ensure I will complete this Habit Challenge...

WANT AN EASY COPY-PASTE VERSION?

You can use this to comment on this thread in the Collective that you're "in" for the Challenge!

I, (name) commit to building a new habit over the course of 21 days, starting on July 23rd, 2020. The habit I will work to build is (habit). It is important to me because (why). If I complete my Challenge Tracker, I will reward myself with (some kind of celebration). If I don't complete my Challenge Tracker, I will promise to (your next steps). I will do the following three things to ensure I will complete this Habit Challenge...(action item one), (action item two), and (action item three).

JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOTES

AUGUST 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOTES
