

EXERCISE

When you identify a habit that you'd like to break, ask yourself these questions:

1. What's the hidden payoff you are currently getting from this habit?

2. What's the benefit of *not* engaging in the habit? Use emotions to describe this since emotions drive our behavior (e.g., to feel alive, more confident, proud).

3. What's a new pleasurable habit that you could cultivate instead?

4. When will you replace the old habit with the new habit?

5. What will thwart this effort, and why? How can you change this?
