

# WELLBEING IMPROVEMENT WORKBOOK

*A Guide on How to Get Yourself from Point A to Point B  
for any Dream, Wish, Desire, Ambition, Intention, or Goal You Have*



# WELLBEING FACT

Many times, people fail to improve their wellbeing not because they lack intelligence, courage, or will-power, but because they did not organize their energies appropriately around and/or develop a well-thought-out plan.

## A Well-Thought-Out Plan Includes Six Essential Items:

1. An understanding of our ***“Desire to Gain Pleasure & Need to Avoid Pain”***.
2. A completed ***“Wellbeing Assessment”*** to provide clarity on exactly where your interests lie.
3. A written ***“Smarter Goal”*** to identify exactly what you want to accomplish and create urgency.
3. A list of ***“One Time Actions”*** you can take that will make it easier for you to reach Point B.
5. A list of ***“Repeated Actions”*** you must make to develop habits necessary to reach Point B.
6. A completed ***“Self-Limiting Belief Worksheet”*** to identify and correct beliefs that are holding you back.

## The Offutt AFB Health Promotion Office

is proud to provide all six of these items for you in this workbook.

Utilizing these items will dramatically increase your likelihood of improving your wellbeing. It will inject clarity, focus, and motivation, and increase your belief in the importance and value of following through on your interests.

## To Provide Further Assistance on Helping You Improve Your Wellbeing,

we highly encourage you to attend all our classes and participate in the optional program associated with each. All our classes and programs are free of cost and available for everyone to participate in. They are: ***“Strategies for Diet & Exercise & The Soar into Health 4-Week Challenge & The Weight Loss Warrior 16-Week Support Program”***, ***“The Thriving Life Workshop”*** & ***The Thriving Life 30-Day Empowerment Program***, ***“Sleep is My Superpower & The 14-Day Superpower Sleep Challenge”***, ***“Fitness Improvement Training & The 30-Day Fitness Frenzy Challenge”***, and our ***Warfit Walk-n-Talk Club*** and ***Christian Fellowship Exercise Club***.

## STRIVE FOR IMPROVEMENT NOT PERFECTION

It’s an old saying “Failure is the stepping-stones to success”. True...but only if you don’t give up and/or keep making the same mistakes repeatedly! Improving your wellbeing is a journey. A journey that may take you down unfamiliar territory and require you to do things you may have never done before. A journey that can teach you some very valuable lessons. But only, that is, if you’re open to them! Lessons can be learned when you’re successful following through on your intentions, as well as, if not more so, when you fall short of them. The key during the journey is to remember the distance you’ve already come whenever a set-back occurs so that you don’t stop dead in your tracks. Remembering the distance you’ve come, reminds you of the improvement you’ve made. It’s improvement that will get you where you are going, not perfection. Remembering this after a setback will allow you take the next step to start moving again sooner rather than later. Forgive yourself if you fall short of one of your intentions and ask yourself, “What can I learn from this and/or do differently to avoid this set-back from occurring again?”

## FEEL GOOD IN THE PROCESS

Improving your Wellbeing requires time, effort, and persistence, all of which test our patience. Therefore, it’s important to feel successful as early as possible in the process. You do not have to wait to accomplish your ***Smarter Goal*** to feel successful. Each ***One-Time Action*** you take, ***Repeated Action*** you make, and ***Self-Limiting Belief*** you correct, is a step in the right direction. Be sure to take some personal pride in what you accomplish and dwell much less on what you don’t accomplish. When you do this, you’ll be much more likely to experience the feeling of achievement, the happiness that comes from it, and build confidence. Feel empowered with each action you take and if an action escapes you, remember to be forgiving and flexible. It’s ok, you’re human...try, try, and try again!

***Just don’t give up...don’t ever give up!***

# THE DESIRE TO GAIN PLEASURE & THE NEED TO AVOID PAIN

## *7 Rules of Pleasure & Pain that Explain the Science Behind all Your Actions*

Your desire to gain pleasure and your need to avoid pain are your two biggest perceptions and/or drivers that dictate everything you do. There are 7 rules to understanding how pleasure and pain works, and once you understand them, you can use these concepts to improve your daily decision-making skills to help you get from Point A to Point B.

### **Rule #1: All Decisions You Make are to Gain Pleasure or Avoid Pain**

Any decision you make can be broken down this way. Why do you eat healthy or not healthy? Why do you exercise or not exercise? Why do you pray or not pray? All these actions can be sliced down to your perception of the act of doing or the outcome of what you do, either being pleasurable or painful. *It's all about our perceptions toward these two drivers.*

### **Rule #2: People Will do Much More to Avoid Pain than they Will to Gain Pleasure!**

If there is a lion charging toward you versus a suitcase full of money in front of you, would your quickest thought be to run toward the money or away from the lion? Studies have demonstrated time and time again that people will do much more to avoid short term pain than they will to gain short term pleasure and/or especially pleasure that isn't instantaneous or delayed.

### **Rule #3: Perception Is Reality!**

*It's your perception of pain and pleasure, not actual pain and pleasure that drives you.* At first, this concept might seem a bit strange, but a quick inspection makes it seem rather obvious. Since you don't ever know for certain what your future will hold, your brain, specifically your prefrontal cortex within your frontal lobe, is constantly making assumptions and judgements. It's your perception of future pleasure or pain that drives your actions. Unfortunately, it turns out that many of your immediate perceptions are often very flawed, especially when it comes to things that are a bit more complex than running away from a charging lion.

### **Rule #4: Pain and Pleasure are Modulated by Time**

You are focused on attaining instant pleasure and avoiding immediate pain. The closer something is to this moment, the more pleasure or pain you attach to it. Therefore, pain tomorrow is not as powerful of a force as pain today and pain in a decade is not as powerful of a force as pain in a week. This is precisely why most human beings have such a hard time eating healthier or exercising...they don't associate the immediate value of their daily decisions and aren't concerned right now about how it may affect them later in life. *Short term always wins over long term unless there is a substantial amount of belief (rather than just immediate perception) of the long-term pleasure or pain associated with our decisions. As time goes on, your perception of pleasure and pain may change naturally as you mature but it can also be changed much sooner with execution of certain healthy thinking skills and actions.*

### **Rule #5: Emotion Trumps Logic When Thinking of Pain and Pleasure**

When you attempt to make a decision based on gaining pleasure or avoiding pain, there is also an emotional aspect to the decision and a logical or more intellectual aspect to it. How many times have you looked at some ice cream sitting in front of you and ate the ice cream even though you knew intellectually that you should not eat the ice cream? We have all been there. Logically, you think you shouldn't eat the ice cream but emotionally, you want the ice cream. What wins? Intellect or emotions? An ounce of emotion wins over an ounce or two of logic every time. When something is going to happen now, it's much more likely to trigger an emotional response in you than something that is going to happen in your future. *The pleasure or pain related to your emotions are hard-wired in your brain to be much stronger because it's the primitive part of your brain that tells you to act now rather than think ahead to your future..this many times is your primary perception that causes you a lot of problems.*

## Rule #6: Survival vs. Desire in the Pleasure & Pain Principle

Finally, anytime your survival response is triggered, everything else essentially shuts down. This concept can be explained by thinking that pleasure and pain can be further broken down into things that are hard-wired for your survival and things that are mere wants. It's easy then, to understand, that if something triggers your survival response, such as running away from a lion, it is going to override just about every other desire you have in that moment. When most people hear this principle, however they assume that the survival instinct is naturally going to be the one that is trying to avoid pain but that doesn't always work the way you would think. Your desire to eat for example is hard-wired. If you love cookies and someone puts a cookie in front of you, you are instinctually driven to want to eat the cookie. You're capable of using enough logic and thought of future pain to stop yourself from eating the cookie, but most of the time, you lose that battle many times over, day after day, week after week, month after month, year after year. From a survival perspective, calories mean life. Your brain thinks eating the cookie means survival and not eating it means death! What's funny in life, is how often we let our primal instinct for survival make us think silly things, like "I'll just die if I don't eat another cookie!" or "I'll just die if I don't hit the couch right now!"

## Rule #7: Perceptions Feed Beliefs & Beliefs Feed Habits

Right now, you have some habits in your life that are serving your best interests and some habits that are not. The key to getting from point A to point B is to strengthen your beliefs that are working for you and change the beliefs that are working against you. Challenging your perceptions can be done through a process with words, pictures, and emotions. Mastering this process is how you create ***"UNSHAKEABLE BELIEFS" ..beliefs that hold firm to guide your decisions regardless of what your most immediate perceptions are telling you.*** This is how you change something you tend to perceive as being painful, such as eating healthy or exercising, to a belief that it's pleasurable. And or, how you change something you tend to perceive as being pleasurable, such as eating unhealthy food or being a couch potato, to a belief that it's painful.

### Recap of Pleasure and Pain Principles:

- 1) You want to gain pleasure and avoid pain.
- 2) What you want more is to avoid pain, even if we won't get pleasure.
- 3) You don't know however, what's actually going to cause pleasure or pain, so you tend to rely on your perceptions.
- 4) Then the clock takes over and you focus on now rather than later and immediate pleasure or pain becomes magnified.
- 5) If for any reason emotion enters the equation, that element gets much more magnified.
- 6) If anything triggers your survival response, all else goes out the window because you are hard-wired to survive.
- 7) What you have a habit of thinking is pleasurable or painful and that causes you regret later can be changed so you can rejoice in the moment as well as later.

### Putting the Pain and Pleasure Principle to Use in Your Life:

Keep the 7 rules of pain & pleasure in your mind as you work your way through your Wellbeing Improvement Workbook and most importantly as you navigate daily decisions in your life. Keep in mind also how you can expand tremendously, the capability of strengthening your habits that are working for you and changing your habits that are working against you by applying these 7 rules in while participating in our other classes & programs.

# WELLBEING ASSESSMENT

**Indicate Your Response for Each of the Following on a Scale of 1 to 10 With 1 Being Poor and 10 Being Great**

- How well are you at getting regular cardiovascular exercise weekly? \_\_\_\_\_
- How well are you at getting regular strength training exercise weekly? \_\_\_\_\_
- How well are you at regulating the type and amount of food you are putting in your body? \_\_\_\_\_
- How well are you at feeling comfortable with your current bodyweight? \_\_\_\_\_
- How well are you at getting approximately 8 hours of sleep every night of the week? \_\_\_\_\_
- How well are you at managing stress by keeping your overall daily thinking and decisions healthy and positive? \_\_\_\_\_
- How well are you at feeling motivated and enthusiastic to face each day and to take good care of yourself? \_\_\_\_\_
- How well are you at avoiding nicotine use? \_\_\_\_\_
- How well are you at avoiding overdrinking and moderating your overall alcohol intake throughout the week? \_\_\_\_\_
- How well are you at feeling you're managing your money and finances adequately? \_\_\_\_\_
- How well are you at feeling you have strong connections and relationships? \_\_\_\_\_
- How well are you at feeling you have a strong sense of purpose in life? \_\_\_\_\_

**Rank the 12 Categories You'd Like to Improve, with 1 Being the Most Important to You and 12 the Being the Least**

**(Keep in-Mind, Any Category You're Doing Great in May Be Ranked Low in Importance Because You're Already Doing Great in it).**

Regular Cardio \_\_\_ Regular Strength \_\_\_ Sound Nutrition \_\_\_ Wt. Mgmt \_\_\_ Quality Sleep \_\_\_ Stress Mgmt \_\_\_  
 Motivation \_\_\_ Nicotine \_\_\_ Alcohol \_\_\_ Finances \_\_\_ Strong Connections \_\_\_ Strong Purpose \_\_\_

Describe your overall current state of wellbeing and how you feel about it. Use the questions above to help guide your writing:

## “READINESS SCALE”

**Indicate Where You are Right Now with Your Readiness to Improve What You Ranked #1 in Importance**

0	1	2	3	4	5	6	7	8	9	10
I am Not Ready			I am Almost Ready					I am Very Ready		

What led you to pick this number? \_\_\_\_\_

If possible, what would help you pick a higher number? \_\_\_\_\_

## “IMPORTANCE SCALE”

**Indicate How Important It Is for You Right Now to Improve What You Ranked #1**

0	1	2	3	4	5	6	7	8	9	10
Not Very Important			Fairly Important					Very Important		

What led you to pick this number? \_\_\_\_\_

If possible, what would help you pick a higher number? \_\_\_\_\_

## “CONFIDENCE SCALE”

**Indicate Where You are Right Now with Your Confidence to Improve What You Ranked #1 in Importance**

0	1	2	3	4	5	6	7	8	9	10
Not Very Confident			Fairly Confident					Very Confident		

What led you to pick this number? \_\_\_\_\_

If possible, what would help you pick a higher number? \_\_\_\_\_

# SMARTER GOAL SETTING WORKSHEET

The key in goal setting is to make certain your goal does not include the words “want” or “will”, and is not too vague, such as “*I want to get in better shape*” or “*I will lose weight*”. Using these words creates future tense, as though it’s something you’ll eventually get around to. Instead, your goal should be an objective that reads like a true statement. **Outcome-Oriented Goals** would read as such, “*I score 85 on my AF fitness assessment*” or “*I’m at 20% body fat*” or “*I’m a non-smoker*” or “*I have \$1,000 dollars in my savings account*”. **Action-Oriented Goals** would read as such, “*I lift weights twice a week*” or “*I stay under 2,000 calories daily*” or “*I don’t smoke when I go out*” or “*I make a deposit into my savings account every week*”.

Your goal should also follow the **SMARTER** method.

It should be **S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**ime-bound, **E**valuated, and **R**ewarded.

**Establish for Yourself Below, Either an Outcome-Oriented or Action-Oriented Goal or Perhaps Both, for the Wellbeing Category You Ranked #1 in Importance**

**MY OUTCOME-ORIENTED GOAL:** \_\_\_\_\_

**Time My Outcome-Oriented Goal Will be Accomplished by:** \_\_\_\_\_

**MY ACTION-ORIENTED GOAL:** \_\_\_\_\_

**Relevance:** Identify why your goal is important to you. “Why’s” are like raffle tickets, the more you have the more likely you are to win. Reflect on the many benefits that would be yielded if you accomplish your goal as well as what consequences may exist if you do not work toward it, as it may affect you as well as others.

**My Why’s:** \_\_\_\_\_

**Support:** Informing others of your goal, the reasons the goal is important to you, and the support you’d like from them is instrumental for behavioral change. This will significantly increase your accountability and resolve not to give up. Identify at least one individual you will share this information with and seek support from.

**My Support Team:** \_\_\_\_\_

**Rewards:** Enjoying the physical, mental, and emotional benefits produced by accomplishing your goal are the biggest rewards, but anticipated rewards can also provide motivation. List at least one thing you can look forward to rewarding yourself with for accomplishing your goal.

**My Rewards:** \_\_\_\_\_

**RECOMMENDED MUST READ  
FOR PEOPLE SERIOUS ABOUT GOAL SETTING**

“Your Best Year Ever” by Michael Hyatt

## ACTION PLAN WORKSHEET

**Action Plan & Evaluation:** The beginning of each week right down the **One-Time Actions** you plan to take during the week that are associated with helping you reach your goal. At the end of each week write down if you completed your actions or not, why it was or was not accomplished, how it made you feel (good or bad), and what if anything was learned in the process. BE REAL! If you’re happy with what you accomplished, state it! If you’re disappointed, state it!

Helpful One-Time Actions Are	Example
Positive	Plan my dinners for the week with no more than 700 kcal. <b>Instead of negative:</b> Stop eating so much at dinner.
Specific	Attend a new exercise class at 9 a.m. on Wednesday this week. <b>Instead of vague:</b> I’ll start to mix it up and cross-train.
Something Under Your Control	Purchase healthy snack items for myself for the week. <b>Instead of what you can’t control:</b> Keep wife from buying unhealthy snacks.

# ONE-TIME ACTION EXAMPLES

**Regular Cardio/Strength Training Exercise:** Monday, register to attend the HPO class, *“Strategies for Diet & Exercise”*. Tuesday, join my neighborhood gym. Thursday, attend a new fitness class. Friday, try a different piece of cardiovascular exercise equipment. Saturday, participate in the community walk/run event.

**Sound Nutrition/Weight Management:** Monday, go “meatless” for the entire day. Tuesday, clean the junk food out of my house. Wednesday, go to Walmart and purchase new tupperware containers and freezer bags. Thursday, go to the grocery store and stock up on fruits and vegetables. Friday, select a healthy meal when we go out to eat.

**Quality Sleep:** Monday, watch the HPO class *“Sleep is My Superpower”*. Tuesday, start filling out my 14 Day Superpower Challenge Participation Sheet. Wednesday, try a deep breathing exercise and guided imagery as I attempt to fall asleep. Thursday, search Amazon and order a weighted blanket. Friday and Saturday, stay up only 1 hour longer than usual.

**Stress Management/Motivation:** Monday, register to attend the HPO Classes, *“Healthy Thinking, Stress to Strength and Emotional Control”*. Tuesday, using the voice command on my phone, say, *“The Daily Motivator”* and read Ralph Marston’s daily inspirational message. Wednesday, before I go to sleep reflect upon and answer the question *“Today, I’m glad that????”*. Thursday, practice executing mindful moments throughout the day.

**Finances:** Monday, check my account balances. Wednesday, review my spending history to account for where my money is going. Friday, contact the Military Family Readiness Center and inquire about their financial services.

**Strong Connections:** Monday, reflect upon and perhaps write down all the relationships I have in life (ex, husband, father, son, brother, soldier, neighbor, etc.). Tuesday, call all my family members. Wednesday, research community clubs to join or upcoming events to attend. Weekend, go out of my way to engage in conversation with my neighbor.

**Strong Purpose:** Monday, reflect upon and perhaps write down how I make a difference to all the people I have relationships with. Tuesday, reflect upon and perhaps write down how I make a difference at work. Weekend, go out of my way to make any positive difference, big or small, in a stranger’s life.

**For the Wellbeing Category You Ranked #1 in Importance, You’re Encouraged to Establish However, Many One-Time Actions You Feel are Manageable Each Week.**

You Do Not Have to Have an Action for Each Day of the Week. Your Actions Can Change Each Week and/or be Moved to the Next Week if Not Accomplished During the Week. The End of Each Week Use Your Own Words to Evaluate How Well You Did or Did Not Complete the Weeks Intentions That You Created for Yourself.

**Week 1 One-Time Actions:** \_\_\_\_\_

Week 1 Evaluation: \_\_\_\_\_

**Week 2 One-Time Actions:** \_\_\_\_\_

Week 2 Evaluation: \_\_\_\_\_

**Week 3 One-Time Actions:** \_\_\_\_\_

Week 3 Evaluation: \_\_\_\_\_

**Week 4 One-Time Actions:** \_\_\_\_\_

Week 4 Evaluation: \_\_\_\_\_

# HABIT FORMATION WORKSHEET

Starting from the Morning, Write Down Each Habit You're Currently Doing Daily: Make Bed, Brush Teeth, Make Coffee, etc.  
If it's a Positive Habit, indicate "+". If it's a Negative Habit, indicate "-". If it's a Neutral Habit, indicate "?".

- |          |           |           |           |
|----------|-----------|-----------|-----------|
| 1. _____ | 6. _____  | 11. _____ | 16. _____ |
| 2. _____ | 7. _____  | 12. _____ | 17. _____ |
| 3. _____ | 8. _____  | 13. _____ | 18. _____ |
| 4. _____ | 9. _____  | 14. _____ | 19. _____ |
| 5. _____ | 10. _____ | 15. _____ | 20. _____ |

## HEALTHY HABIT CONSIDERATIONS

Circle the Number of Days You Average Per Week Performing the Following Statements.

1. Every Morning Read a Short Inspirational Message from Any Source (Like speaking into your phone and reading "The Daily Motivator")	0	1	2	3	4	5	6	7
2. Bring Humor into Your Day (Actual cartoons/jokes, funny reads, humorous pod casts/shows)	0	1	2	3	4	5	6	7
3. Think Positive Thoughts (This is Worth It!, I Got This!, Yes I Can!, etc.)	0	1	2	3	4	5	6	7
4. During the Day Say a "Mantra" Whenever Necessary to Influence Your Thoughts and Decisions (Words that empower You)	0	1	2	3	4	5	6	7
5. Intentionally Say or Do Something to Make a Positive Difference in Someone Else's Day	0	1	2	3	4	5	6	7
6. Practice Mindfulness During the Day (Breathing exercises, guided meditation, pauses to absorb and be in the moment, etc.)	0	1	2	3	4	5	6	7
7. Listen to Music to Energize and/or Soothe Yourself	0	1	2	3	4	5	6	7
8. Every Evening Reflect Upon and Answer the Question "Today, I'm Glad That?"	0	1	2	3	4	5	6	7
9. Perform Strength Training Exercise at Least Twice a Week (Circle 0 if none, 3 if only once, and 7 if yes)	0	1	2	3	4	5	6	7
10. Accumulate Weekly, Cardiovascular Exercise of 150 Min at Moderate Intensity or 75 Minutes at Vigorous Intensity or Equivalent Combination of Both (Circle 0 if none, 3 if less, and 7 if yes)	0	1	2	3	4	5	6	7
11. Above and Beyond Cardio Exercise, Take a Leisurely Walk for at Least 15 Minutes (Before, during, or after work & weekends)	0	1	2	3	4	5	6	7
12. Take Stairs Rather than Elevator and/or Park Further Away from Buildings Whenever Able	0	1	2	3	4	5	6	7
13. Perform any Amount of Light Stretching for Various Body Parts	0	1	2	3	4	5	6	7
14. Obtain Between 10-30 Minutes of "Direct" Exposure to Natural Sunlight Daily	0	1	2	3	4	5	6	7
15. Obtain a Good Amount of Exposure to Artificial Light Throughout the Day & Into Early Evening	0	1	2	3	4	5	6	7
16. Consume Less Than 400 Milligrams of Caffeine Total Throughout the Day	0	1	2	3	4	5	6	7
17. Avoid Caffeine Within 8 Hours of Bedtime (Including eating chocolate)	0	1	2	3	4	5	6	7
18. Avoid Using Nicotine 4 Hours Prior to Bedtime	0	1	2	3	4	5	6	7
19. Avoid Performing "Vigorous" Exercise 3 Hours Prior to Bedtime	0	1	2	3	4	5	6	7
20. Avoid Drinking any Fluids 2 Hours Prior to Bedtime (Except for meds and unless you know you are indeed thirsty)	0	1	2	3	4	5	6	7
21. Avoid Screen Time 1 Hour Prior to Bedtime (And/or wear blue light blocking glasses)	0	1	2	3	4	5	6	7
22. Make Your Bedroom Cooler Before Turning in (Approx. 68-65 deg.)	0	1	2	3	4	5	6	7
23. Darken Your Bedroom as Much as Possible Before Turning in	0	1	2	3	4	5	6	7
24. Ensure You Minimize Possible Noise Distractions Before Turning in	0	1	2	3	4	5	6	7
25. Every Night Go to Bed at a Time That at Least Allows You 8 Hours to Sleep	0	1	2	3	4	5	6	7
26. Every Night to Bed Within Plus or Minus 15 Minutes of the Same Time	0	1	2	3	4	5	6	7
27. Practice Deep Breathing and/or Guided Imagery When Attempting to Fall Asleep	0	1	2	3	4	5	6	7
28. Eat & Drink Something Rather Than Nothing for Breakfast	0	1	2	3	4	5	6	7
29. Eat & Drink Something Rather Than Nothing for Mid-Morning	0	1	2	3	4	5	6	7
30. Eat & Drink Something Rather Than Nothing for Lunch	0	1	2	3	4	5	6	7
31. Eat & Drink Something Rather Than Nothing for Mid-Afternoon	0	1	2	3	4	5	6	7
32. Eat & Drink Something Rather Than Nothing for Dinner	0	1	2	3	4	5	6	7
33. Drink 50% Your Body Weight in Fluid Ounces Daily (Ex, 200 lbs. = 100 ounces)	0	1	2	3	4	5	6	7
34. Drink 0 Cal and/or Low-Cal Beverages Rather than High	0	1	2	3	4	5	6	7
35. Follow the "MyPlate" Method for Your Main Meal of the Day	0	1	2	3	4	5	6	7
36. During Your Main Meal, Eat Mindfully and Attempt to Have it Take 15 Minutes to Finish	0	1	2	3	4	5	6	7
37. After Dinner, Avoid Late Night Snacking on Unhealthy Choices (Ex, ice cream, chips, candy, cookies, buttered popcorn, etc.)	0	1	2	3	4	5	6	7
38. Prepare Meals & Eat at Home Rather than Eating Out	0	1	2	3	4	5	6	7

39. Do Not Over-Eat at Any Single Meal of the Day (Subjective belief)	0	1	2	3	4	5	6	7
40. Do Not Over-Eat Any Single Day of the Week (Subjective belief)	0	1	2	3	4	5	6	7
41. Avoid Foods High in Added Sugar (Candy, cookies, cakes, pies, pastries, certain yogurts, certain cereals, certain bars)	0	1	2	3	4	5	6	7
42. Avoid Foods High in Trans Fat (Dairy butter/margarine, fried food, cookies, cakes, pies, ice cream, buttered popcorn, certain frozen dinners)	0	1	2	3	4	5	6	7
43. Avoid High Fat Meat (Bacon, hamburger, hot dogs, pepperoni, sausage, ham, pork chops, ribs, ribeye steak)	0	1	2	3	4	5	6	7
44. Do Not Eat Any Meat	0	1	2	3	4	5	6	7
45. Eat at Least 2 Cups of Fruit	0	1	2	3	4	5	6	7
46. Eat at Least 2.5 Cups of Vegetables	0	1	2	3	4	5	6	7
47. Eat at Least 3 Ounces of Whole Grains (E.g. 1.5 cups of oatmeal, brown rice, brown pasta, 3 cups whole grain cereal, 3 slices whole grain bread, small whole wheat biscuits/muffins/pancakes, 1.5 whole wheat bagel, 9 cups air-popped popcorn, 15 whole grain crackers, 1 twelve inch whole grain hoagie.	0	1	2	3	4	5	6	7
48. Drink and/or Eat 3 Cups of Non-Fat Dairy Milk or Yogurt, or Plant Based Milk or Yogurt (Milk Ex, Skim Milk or soy, almond, cashew, coconut oat, rice, walnut) (Yogurt Brand Ex, Oiko's Triple Zero, Chobani, Silk, Siggis, Kite Hill, Good Karma)	0	1	2	3	4	5	6	7
49. Avoid Emotional Eating (When bored, sad, mad, anxious, depressed, etc.)	0	1	2	3	4	5	6	7
50. Avoid Associative Eating (Ex, every time you watch t.v., our are on your computer.)	0	1	2	3	4	5	6	7
51. Avoid Illicit Drugs	0	1	2	3	4	5	6	7
52. Avoid Drinking in Excess	0	1	2	3	4	5	6	7
53. Avoid Using Nicotine	0	1	2	3	4	5	6	7
54. Avoid Places/Events That Prompt/Tempt You to Use Illicit Drugs, Drink in Excess, or use Nicotine	0	1	2	3	4	5	6	7
55. Avoid People That Prompt/Tempt You to Use Illicit Drugs, Drink in Excess, or use Nicotine	0	1	2	3	4	5	6	7
56. Avoid Taking Your Nicotine Products with You Wherever You Go	0	1	2	3	4	5	6	7
57. Execute A Healthy Action to Deal with Pain, Stress, Anxiety, or Depression, Rather Than Use Illicit Drugs, Nicotine, or Alcohol	0	1	2	3	4	5	6	7
58. Avoid Places/Events That Prompt You to Spend Money When You Know Your Money Is Tight	0	1	2	3	4	5	6	7
59. Avoid Unnecessary Purchases When You Know Your Money Is Tight	0	1	2	3	4	5	6	7
60. Have a Retirement Account Set Up (Circle 0 if no and 7 is yes)	0	1	2	3	4	5	6	7
61. Each Paycheck, have a Small Amount Go to an Emergency Fund (Circle 0 if no, 3 if periodically, or 7 if yes)	0	1	2	3	4	5	6	7
62. Volunteer Time Toward any Community Organization or Group or Worthy Cause (Circle 0 if no, 3 if rarely, and 7 if regularly)	0	1	2	3	4	5	6	7
63. Actively Engage with Your Neighbors (Circle 0 if no, 3 if rarely, and 7 if regularly)	0	1	2	3	4	5	6	7

**Indicate the Number of the Top 3 Habits You Believe Strengthening and/or Developing Would Benefit You the Most for Improving the Wellbeing Category You Ranked #1 in Importance:**

**#1. \_\_\_\_\_ #2. \_\_\_\_\_ #3. \_\_\_\_\_**

**Write Below an "Implementation Intention" for Your Habits.**



**#1:** I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

NEW HABIT                      TIME                      LOCATION

**#2:** I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

**#3:** I will \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

**Consider Below "Habit Stacking" Your Intention If Applicable.**



Before  
or  
After \_\_\_\_\_ I Will \_\_\_\_\_

CURRENT HABIT                      NEW HABIT

Before  
or  
After \_\_\_\_\_ I Will \_\_\_\_\_

Before  
or  
After \_\_\_\_\_ I Will \_\_\_\_\_

## HABIT TRACKER

**Place an X Over Each Successive Day You Do the Habit. If You Miss a Day, Do Not Place an X on that Day and Do Not Give Up. Vow not to "Break the Chain" and Re-attempt the Next Day to Start Your Streak Again. Aim for Improvement Rather than Perfection and Total the # of Times You Successfully Did the Habit for the First Thirty Day Stretch as Well as Your Best Streak.**

**Start Date of New Habits:** \_\_\_\_\_

**HABIT**

**#1:** \_\_\_\_\_ 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 **Total:** \_\_\_\_\_ **Best Streak:** \_\_\_\_\_

**#2:** \_\_\_\_\_ 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 **Total:** \_\_\_\_\_ **Best Streak:** \_\_\_\_\_

**#3:** \_\_\_\_\_ 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 **Total:** \_\_\_\_\_ **Best Streak:** \_\_\_\_\_

**RECOMMENDED MUST READ**

**FOR PEOPLE SERIOUS ABOUT IMPROVING THEIR HABITS**

**"Atomic Habits" by James Clear**

# SELF-LIMITING BELIEF ASSESSMENT & WORKSHEET

Self-limiting beliefs are judgements you think to be true based on fear or doubt and they present themselves in your everyday self-talk.

They prevent you from getting out of your comfort zone, making good choices, taking chances, and/or achieving your goals.

**Please Examine Carefully, The Following Steps in Overcoming Self-Limiting Beliefs**

**1<sup>st</sup> STEP: Identify Them.** For the examples below, place an "X" next to each one that resonates with you.

\_\_\_ I'm: I'm an idiot, I'm a mess, I'm not loveable!

\_\_\_ I'm Not: I'm not important, I'm not ready yet, I'm not smart enough!

\_\_\_ I'm Too: I'm too tired, I'm too big, I'm too shy!

\_\_\_ I Can't: I can't do it, I can't change it, I can't trust myself!

\_\_\_ I Don't: I don't have enough experience, I don't have enough time, I don't deserve nice things!

\_\_\_ I Don't Know: I don't know what I want, I don't know how to do it, I don't know where to go!

\_\_\_ I Shouldn't: I shouldn't speak up, I shouldn't volunteer, I shouldn't even try!

\_\_\_ I'll: I'll embarrass myself, I'll disappoint someone, I'll be stuck here forever!

\_\_\_ I'll Always: I'll always goof up, I'll always be broke, I'll always be sad!

\_\_\_ I'll Never: I'll never get there, I'll never be successful, I'll never be happy!

\_\_\_ I'm Too: I'm too old, I'm too young, I'm too fat!

\_\_\_ I Need To: I need to lose weight first, I need to get motivated first, I need to have more money first!

\_\_\_ I've Tried And: I've tried and it's no fun, I've tried and it's too hard, I've tried and wasted my time!

\_\_\_ It's Too: It's too hard, It's too boring, It's too time consuming!

\_\_\_ It's Not: It's not my fault, It's not worth it, It's not fun!

\_\_\_ The World Is: The world is unfair, The world is scary, The world is dangerous!

If there are other words you say to yourself that are self-limiting beliefs, write them here: \_\_\_\_\_

**2<sup>ND</sup> STEP: Decrease How Strongly You Hold it.** This includes saying words to make the belief less extreme. E.g., "I'm worthless" becomes "I'm not doing as well as I'd like, and I could be doing better". It also includes examining the evidence from the here and now to see that the belief is not 100% accurate and saying words that **modify** the belief. E.g., "I'm not doing as well as I'd like; however, I have an Ok job even if it's not as good as I'd like."

**3<sup>RD</sup> STEP: Build Up Support to a New Belief That's More Realistic and Functional.** This includes starting with a level of belief that you can accept. You can't just jump from "I'm worthless" to "I'm fantastic". It must be gradual. E.g., Begin with "I do have value as a person". From there it could lead to a **New Desired Belief** "I accept my limitations while acknowledging my strengths & achievements".

**4<sup>TH</sup> STEP: Repeatedly Replace the Old Words You Said with the New Modified Words and Desired Words.** The light bulb must go off when you're speaking your old beliefs, and you must take the time to say the **New Desired Belief**.

**5<sup>th</sup> STEP: Collect Evidence that Supports the New Belief.** This includes paying attention to contradictory evidence you've been overlooking that will support your new belief E.g., "My friend at work informed me today how much he appreciates me!" Because establishment of a new belief is largely dependent upon repetition, you need to be keenly aware of identifying all the evidence you can as it presents itself in your day-to-day life.

**6<sup>TH</sup> STEP: Change Your Behavior.** This includes changing your rules and assumptions that stem from your old belief to new rules and assumptions that support your new belief. **Old Rule E.g.,** "Because I'm worthless, I must not accept any compliments". **Old Assumption E.g.,** "If I try to make a good impression, I'll humiliate myself". **New Rule E.g.,** "Because I'm valued, I can say thank you". **New Assumption E.g.,** "Because I'm careful, I can take small risks". With the new desired belief, new rule, and new assumption you can start changing your behavior.

**Relating to the Wellbeing Category You Ranked #1 in Importance, Write Down the Following:**

Your Biggest Self-Limiting Belief Is: \_\_\_\_\_

Write Down a New Desired Belief: \_\_\_\_\_

Right Down a New Rule: \_\_\_\_\_

Write Down a New Assumption: \_\_\_\_\_

**Please Click on The Following Link to Learn More About the Steps Mentioned Above, to Download Other Optional Self-Limiting Belief Worksheets (different from this one), and to Watch a 19-Minute Video Called "Changing Core Beliefs".**

<https://positivepsychology.com/core-beliefs-worksheets>

**RECOMMENDED MUST READ**

**FOR PEOPLE SERIOUS ABOUT OVERCOMING THEIR SELF-LIMITING BELIEFS**

**"The Unlimited Self" by Jonathan Heston**