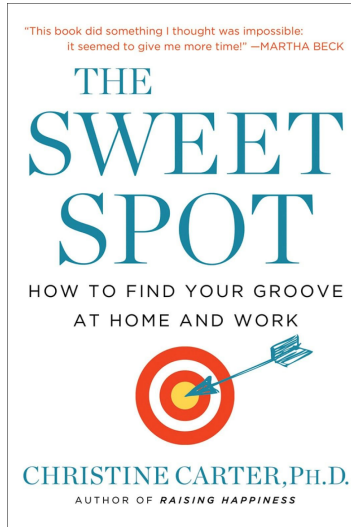




90 Days to a New Habit (that Sticks!)



How to use this worksheet:

This worksheet is a companion to my 12-week free coaching course. If you aren't signed up for my coaching course, you can learn more here:

<http://courses.christinecarter.com/new-habits/>

Have fun!

A handwritten signature in black ink that reads 'Christine'.

Christine Carter, PhD



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Never Say Never

"Never say never, because limits, just like fears, are just an illusion."
— Michael Jordan

(1) What's a situation where you've told yourself "no" and then struggled with the temptation?

(2) Instead of saying "no" next time, what could you tell yourself?

(3) Make a list of distractions that are rewarding to you.