

WORKSHEET 3

The Non-Negotiable Three

Identify the habits running your life right now — and the three small habits your healed self would do without thinking.

Remember: Your current habits are not failures. They are honoring something real. Before trying to change anything, understand what each habit is protecting. Your bad habits and your good habits are woven from the same values.

PART 1 — HABITS THAT ARE CURRENTLY RUNNING YOUR LIFE

List the three habits you feel you simply cannot live without right now. Be honest. No judgment.

THE HABIT	WHAT VALUE IS IT HONORING?	WHAT NEED IS IT MEETING?
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PART 2 — HABITS YOUR HEALED SELF WOULD DO WITHOUT THINKING

Three small, specific, boring habits. Each one needs a when, a definition of done, and a why.

Not 'eat less carbs.' Try: 'I will add half a head of broccoli to my dinner plate every night this week.'

THE HABIT	WHEN does it happen?	WHAT counts as done?	WHY does it matter?
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THE CONNECTING THREAD

What value connects your current habits to your vision habits? What does that tell you about who you already are?

Your values have not changed. Only the expression of them needs to shift.

