

Habit Reflection Prompts

Inspired by my reading of
The Atomic Habits Workbook by James Clear

1. What is most important to you in this current stage of your life?
2. Which habits are currently serving you well? How do they benefit you?
3. How did you build those habits successfully?
4. From your past experience of building habits, what advice would you give yourself for creating new habits in the future?
5. Which habits aren't serving you? What need might they be meeting? In what other ways could this need be met?
6. What's preventing you from making changes to your habits? (For example: time, energy, environment, perfectionism, forgetting, or unrealistic expectations.)
7. If you have found it hard to establish a new habit recently, what could you do differently to set yourself up for success? (For example: make it easier, smaller, more visible, more enjoyable, or attached to something you already do.)

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