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**INTENTIONAL LIVING**  
*Workshop*

**DAY TWO**  
**Chic Habit Creation**  
**WORKBOOK**

**Key learning outcome:**

Creating habits from a place of deep self love will help you COMMIT and stay consistent with them.

CREATING A NEW HABIT IS ABOUT THE DISCIPLINE TO FEEL GOOD

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**WHAT IS YOUR BIGGEST CHALLENGE WHEN IT COMES TO  
HABITS?**

A large white rectangular area for writing the answer to the first question.

**WHAT IS YOUR DRIVER FOR CREATING NEW HABITS?**

A large white rectangular area for writing the answer to the second question.


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## A NEW RELATIONSHIP

**We want to fall in love with discipline. The kind that says:**

- I am someone who loves themselves enough to show up for what I desire
- I honour myself
- I am someone who makes themselves proud

**What new relationship do you want to have with discipline and habits?**



Everything that you want  
and WHY you want it, all  
boils down to HOW YOU  
THINK that thing will  
make you feel when you  
have it.

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# HOW TO CREATE CHIC HABITS

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*notes*



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# Start with your current relationship with discipline and habits

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# ASK YOURSELF

What feelings do you experience when you hear the word habits?

What thoughts are creating these feelings?

What areas of your life do you already practice discipline and consistent habits?

What results have you had when you are consistent?

What areas of your life do you not practice discipline?

What are the results?

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Second step is to  
**CLARIFY and CONNECT**  
to your big desire

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## ASK YOURSELF

**What is something you want to create in your life?**

**How will you know when you have created it in your life?**

**WHY do you want to create it?**

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Next, think about what  
you desire to create and  
**IMAGINE IT'S ALREADY  
DONE**

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## ASK YOURSELF

How do you feel as the future you?

What do you think?

How do you show up differently?

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# Finally, RAISE YOUR STANDARDS

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*notes*

# Examples of raised standards

- I show up for what is on my calendar
- I manage my urges to overeat
- I look for solutions when I face a challenge
- I only eat the best quality foods
- I move my body daily
- I always speak kindly to myself
- I refuse to be confused

Come up with a few of your own standards that you will raise:

# ASK YOURSELF

What daily habits do you want to practice?

What loving rules do you want to put into place to support your desire?

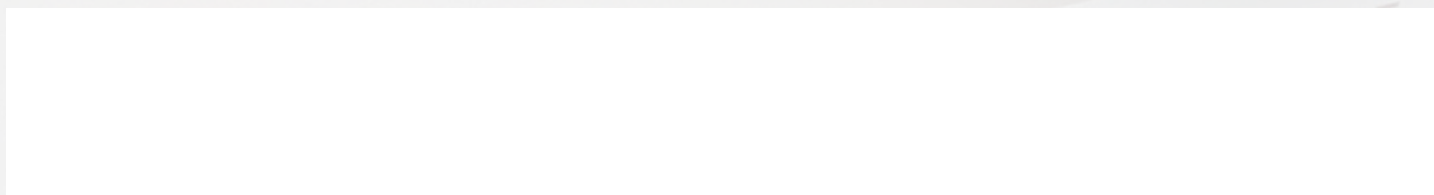
What emotion do you need to practice to drive your actions?

What do you need to think to drive that emotion?

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# Your 30 Day Challenge

What ONE goal do you want to focus on accomplishing in the next 30 days?



What standards will you commit to raising in order to reach your 30 goal

