

# IDENTIFYING KEYSTONE HABITS

Keystone behaviours with powerful flow on effects that positively impact your mindset, feels and other behaviours.

## 1. Identify Your Overarching Goal

*Write down what's really important to you. What do you really want?  
If you're finding this difficult, try imagining yourself in 5 years time: what's important to your future self? What can you do? What have you achieved?*

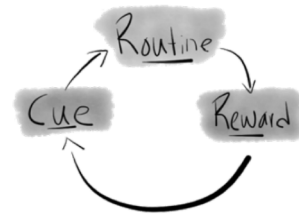
## 2. Identify a Keystone Behaviour

*Try to identify a simple behaviour that will help you achieve one or both of the following:*

- 1. Provide insight into your own motivations and behaviours*
- 2. Help you manage negative feelings and experiences*

## 3. Make it a Habit

*Identify your cue, routine (or behaviour), and reward*



## 4. Plan for Failure

*What makes it difficult to stick to my goal?*



*When are things most likely to happen?*



*What will you do when this happens?*

## 5. Reflect and Go Again

- When were you successful?*
- When did you slip up?*
- How will you get back on track?*