

UNAPOLOGETIC with K & C

Week 4 – Worksheet & Life Changing Actions (LCA's)

Week 4, Video 2

Notes:

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“We first make our habits, then our habits make us”

Bringing awareness to your current habits

List below, what are some habits that you have, which you do multiple times a day/week?

Some examples of habits include:

Exercise | Meditating | Smoking | Drinking Water | Worrying | Scheduling your week

Checking phone first thing in a.m. | Reading Scrolling through Facebook | Gratitude

Procrastinating | Food preparation | Being present with family & friends | Comparisonitis

Going to sleep late | Snoozing the alarm | Snacking | Focusing on the negative / positive

Notes:

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Pick one of the habits you listed above, and take time to explore – what is the ripple effect of this habit? And what will be the positive ripple effect if/when you change this habit?

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Video 2 Action: Share a written post in the group highlighting 3 habits you have had brought to your awareness, that you would like to change. Briefly note, why it is important to change each of these.