UPHELD

COURAGE ★ CONFIDENCE ★ CLARITY

WEEK 4: FUEL YOUR FLIGHT

Inventory Your Habits

Reflect

Habits are the foundation for consistency and momentum. In order to fuel your flight towards your most essential
goals, it's important to develop and refine habits that drive growth. Think about what serves you as well as what
stands in your way. Consider your limiting beliefs, priorities and talents as you inventory your current patterns.
Which of your habits (big or small) support your progress and growth?
Which of your habits (big or small) hinder your progress and growth?
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Think of your future self from Week 2. What are your best habits?

Extend

Awareness is the first step towards establishing, enhancing and sustaining your best habits. Review your reflections and highlight 3 areas where you have effective habits as well as 3 areas where you'd like to exchange detrimental habits for create new ones. Make a commitment to focus on your habits daily, even if it's simply to visualize your success. How do you want move through the world? Manage stressful situations? Take on new tasks? Advocate for yourself and others? Learn and grow? Contribute and collaborate? Care for body, mind or soul?

Apply

Studies show that it can take an average of 66 days for a new habit to become automatic, but there is no "one size fits all" formula. Begin to replace your negative habits and double down on your positive ones. How will your habits move you closer to your most critical personal and professional goals?