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| BEYOND RESOLUTIONS: The Science of Building Lasting Habits**Action Plan** |
| **Creating your vision:** |
| 1. Identify a goal you have for yourself, your team, your office.
2. Now define what does the future looks like when you have achieved your goal.
3. What inspires and energizes you about the future state?
4. Create a vision/goal statement – *it doesn’t have to be perfect*.
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| **Identity** |
| Create an identity statement(s) as a person who has already succeeded in achieving your goal/vision.  *For example: I am a non-smoker, I am a healthy person, I have enough savings for retirement.* | **Identity Statement(s):** |
| **Small Win** |
| What is one 2-minute action you can take, or one part of a larger action, which is no more than two-minutes that will move you towards your vision/goal. | **Small win:** |
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| **Behavior Change** |
| **Make it obvious****Intention:**I will (behavior) at (time) in (location).**Habit Stack:**After I (current habit), I will (new habit) | **Make it attractive****Temptation Building:**After I (current habit), I will (habit I need).After (habit I need), I will (habit that I want) | **Make it easy**One thing I can add or take away from my environment that will **make my habit easier**: | **Make it satisfying****Reward** for new habit: |
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| **Session Notes** |
| Use this section to record key takeaways, ideas and insights from the session. |