

Chapter 6: Losing → Gaining Positive Transition Worksheet

You know you will need to permanently give up and/or reduce the frequency of unhealthy behaviors ENOUGH to achieve the wellness you desire. You must manage and put to rest the associated negative thoughts and emotions to facilitate a positive, psychological transition before you make the change. It takes time and deliberate effort to permanently make healthy lifestyle choices superior to unhealthy default habits and choices. You must call upon what you've learned about yourself thus far.

My true Wellness Why: _____

- 1) Identify 1-3 habits, behaviors, or thoughts you feel you will struggle with the most when achieving your desired health and wellness.
- 2) Complete the follow up questions in each column for that concern.

a) What habits, behaviors, concerns, thoughts, or feelings affect my ability to give myself the gift of wellness?	b) Does this align with my true Wellness Why? (Yes/No)	c) What habit or behavior will I have to give up, manage, or eliminate? How do I feel about this? (What will I Lose or have to Give Up?)	d) What will I gain from managing or eliminating this habit or behavior? What will be my new way of thinking about this? (What will I Gain from making this change?)	e) What positive distraction or healthy replacement activity can I do instead? (Identify a distraction or activity aligned with your strengths. Who can support you?)	f) How will I mourn the loss of this habit/behavior? (How can you use your Wellness Presence building to mourn this habit, shift your thinking and lay it to rest for good?)
1.					
2.					
3.					