

## Habits & Core Motivation

### What is a Habit?

An action, thought or emotion that has been repeated so many times that the neural pathway in our brain chooses that route because it saves energy.

#### Three Parts of a Habit:

1. Cue/starting point (waking up in the morning)
2. Action steps (drinking a cup of coffee or tea)
3. Payoff/outcome (feeling relaxed or alert to start the day)

### Changing Habits Exercise

Questions to consider:

- What are 2 or 3 of your current habits?
- What's the trigger or starting point?
- What's the pattern?
- What would be an action to replace it?
- What's the result of each habit?

#### Cue or Starting Point

Old Action or Habit

New Action or Habit

Old Result

New Result

### Core Motivation Exercise

Questions to consider:

- Which two or three paragraphs do you most relate to?
- What in this paragraph fits? What doesn't fit?
- What insights did you receive about yourself using this tool?
- Looking at the next chart and type, what are your thoughts?
- What characteristics would you like to develop?
- What is your main takeaway from this exercise?

### My Next Steps

- a.
- b.
- c.

## **Core Motivation - Leverage Your Strength & Communicate More Effectively**

The Perfectionist

The Helper

The Doer

The Artist

The Thinker

The Friend

The Optimist

The Defender

The Peacemaker