

Week 8 – Video 23 Homework

- ✓ Apply strategies to minimize distractions, and keep you on track with goals
 - Identify internal triggers
 - Find source of trigger
 - Sit with it
 - Deal with it or walk with it
 - Create a block schedule
 - Allot specific durations for each task in your day
 - Include time for goals, time for spontaneous activity, downtime, time for hobbies, time to deal with/enjoy distractions
 - Identify external triggers
 - Is it serving you in relation to your goals?
 - Manage unhelpful/distracting triggers
 - Strategy for accountability
 - Find a way to keep yourself on track
- ✓ Continue on your value-based goals
- ✓ Continue on your exercise goals