

BAD HABIT ENABLERS WORKSHEET

Read through the following 4 steps. Then fill out the worksheet on page 2.

4 Steps for Dealing with Bad Habit Enablers:

Ask for their support: It's possible that the people around you don't realize that you really need their support. They might not be aware that their comments about your goal affect you, or they might not realize how much their support could benefit you. Sit down with them. Lay it all out on the table. Tell them why you're making the change that you're making—why you're doing what you're doing, and then explain to them why their support would make such a big difference. You might just be surprised how quickly others jump on board when they know you need them. They can easily become your biggest cheerleaders. Even if they can't be your cheerleader, they'll at least understand why you're doing what you're doing and stop trying to persuade you otherwise.

Filter them out: Although in a perfect world absolutely everyone you leveled with would flip a switch and automatically become your goal crushing ally. In reality, that isn't always the case. Sometimes you can open yourself up to a person, ask for their help, and they still won't budge. Maybe your sister still doesn't understand why bringing you leftover donuts from the office makes sticking to your food plan that much harder. Maybe your coworker still asks you out to lunch every day even though you've mentioned how bad it makes you feel to turn them down over and over while you're trying to save money. Or maybe there's a person in your life who disparages your goal even though you've discussed how hurtful it is to hear their doubts and criticisms.

In this case, just filter them out. Do your own thing. Hang out with other people. Surround yourself with the positive, supportive people in your life. It may sound harsh, but it doesn't have to be a cut and run thing. You don't have to just blow off these people or block them on facebook. Simply, choose to limit when you're around these people. Go for a walk, try and eat your packed lunch with other coworkers. Spending more time with yourself and limiting the time you spend with unsupportive people will help you support yourself.

Walk the Walk: When you feel good about sticking to your guns and doing your thing, other people become attracted to your success. When you find the positive in your habit pursuit (your new diet gives you tons of energy, your frugal habits have helped you eliminate a little more debt, your exercise routine makes you feel amazing), others begin to notice. When you find your own happiness with what you're doing and focus on that rather than on those who have trouble supporting you, those people are silenced. They see how happy you are doing your thing. They see how it's working for you, and maybe they're able to jump on the train too, or at least their behavior no longer affects you because you're focusing your energy on doing what you need to do.

Recruit or Mindfully Let Go: This actually has more to do with ourselves than with others. Often, we feel more upset that the people we care about aren't doing what we want them to do. We're upset that they aren't supportive, or we thought group workouts would be fun but none of your friends are into it, or we want our dad to quit smoking with us. We find it hard to deal with when others don't gravitate towards what we want them to do.

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The thing is, we can't control others. Latching on to this ideal of how we want someone to act is only going to frustrate us, because we're all autonomous beings and that isn't realistic. Other people are going to do what they want to do, and we have to make peace with that. There are two ways to do that.

Recruit: You can cultivate an environment that allows someone else to join in on your habit without forcing them to. Simply offer to help them. Ask someone to go to yoga with you. Offer to make enough healthy dinner for both you and your sister. Ask a friend if they want to try a money challenge with you. Make it easy for them to join you, but also respect their decision to turn you down.

Let Go: If they turn you down, practice compassion and let it go. You cannot control another person, no matter how badly you want to. If someone isn't interested in joining you for yoga, just do your thing and respect their choice. Practice what you desire. In the same manner that you want others to support you in your goal creation, support others in their choice not to participate. Let go of the ideal you created for those other people, and adjust. Letting go of the way we want others to be relieves us of our stress and allows us to focus our energy on what we're doing with ourselves. When others are ready to make a change, they will.

What goal are you prioritizing this month?

Goal _____

List any bad habit enablers who are making it tough for you to accomplish your goal.

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

In what way are they presenting obstacles? (i.e. are they discouraging, are they enabling counter-productive habits, are they simply not meeting your expectations for support?)

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|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Now, think about the 4 steps listed above. Which step will best help you deal with each bad habit enabler you listed? This is the action you will take to deal with their obstacles.

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|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |