



# WOMEN IN LEADERSHIP EMPOWERED

## Shifting Habits for Greater Success

Take some time to think about your relationship with your current habits. Are they so ingrained and unconscious that you don't even realize that they are now habitual? Or are you conscious of what habits you perform everyday?

What are your unconscious habits currently? Ie biting nails, saying "like" all the time, when speaking saying "um" often, etc.

Look at your past habits to determine if they belong in your future? Write down what you observe and want to keep and want to replace.

Identify what habits you want to create:

**Reframe into "I AM" statements:**

**Mentally rehearse new habit: Write down the entire process of what it looks, feels, smells like etc.?**

**Are you the cause or effect of something? How do you become the cause?**

**What are your clear intentions with respect to your new habit?**