

## Where Are My Habits?

These series of questions are designed to reveal where you've created auto pilot habits, and proof that you are capable of creating habits. Some of your "auto-pilot-habits" have created results that compelled you to tune into this website, and I'm glad you're here because this is where you can start to make the changes.

The best thing about habits is they can be stopped if they are not serving you; and changed to habits that will help you achieve your goals. Answering these questions "**honestly**" will help you help yourself.



1. Where do you place your keys when you first walk into your home? Into a hotel?
2. After waking up each day, when do you take your first sip of water? How much water per day?
3. What day of the week & time of day do you communicate with your best friend?
4. How & when do you prepare for work each day; including the day before? (**Include EVERY detail**)
5. What is the 1<sup>st</sup> thing you do or say to your spouse or significant other each time you see them the next morning/day?
6. When do you shower/bath? In the mornings, at night or both?
7. How often do you brush your teeth in a 24 hour period?
8. What side of the bed do you lie on when at home? When on vacation?
9. How often do you cook? And what meals do you prepare at home? How many meals you eat each day including snacks?
10. How often do you go grocery shopping? What time and day of the week?
11. What time do you go to bed during the week? During the weekend?
12. What is your favorite TV show? What night does it air? How long is the show? When do you get to watch it?
13. When you feel stressed-out, what do you do or say to relieve stress?
14. When you are in the mist of your bad habit, what situation takes you to that mind-set the fastest and forces you to commit the act? For example, what cause you to: light up a cigarette, take a drink of alcohol, punch your spouse/significant other in the face (*ok, I'm kidding on that one...unless!*), etc?
15. What is your number 1 relaxation activity? (*Be very specific in details*)
16. When do you watch the news and how long?
17. What time do you eat dinner and where are you when you do?
18. Describe to yourself what you like to read? On a scale from 1 to 10, 10 being the most influencer; how have learning this information personally improved your life, and where have you applied it?
19. How do you see yourself in the next five years?
20. What are the top three things you are proud & happy about in your life today?

I'm glad you took the time out to complete step 1 of your journey. I understand changing habits you've had for the past 10, 20 to 30 years is difficult; if you desire to take me on as your health coach, I would be happy to evaluate your answers in order to help steer you into the directions that will lead to your desired goals. Email to: [TrinaClaiborne@gmail.com](mailto:TrinaClaiborne@gmail.com). Or fax to: 678-828-5865 **PS. If the answer to #15 is Sex, I don't need the details on that one; just make sure it's with the person you're committed to.**