

WORKSHEET



SELF- MASTERY



MASTER THESE
10 HABITS AND BE THE
MASTER OF YOUR WORLD



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The secret to mastering yourself and your world is through your habits. Take a look at any part of your life and think about how your habits have influenced it.

Good habits are supportive. Negative habits are destroyers. With the right habits, you can have the ultimate power over yourself and your life.

Answer these questions to gain a better perspective of how your habits can be used to gain control over your future...



Project Monkey Mind

1. What are my goals? What habits will help me reach my goals?

2. What are my negative habits? How are these habits harming me?

3. What is the most important habit for me to create?

4. What is the most important negative habit for me to give up?
How would this help me?

5. What are the mistakes I've made this week? What can I learn
from them?

6. When would be the best time for me to meditate each day? Do I know enough about meditation to get started?

7. In what areas of my life do I feel out of control? What habits can I create or eliminate to restore equilibrium?