

PREPARATION PHASE

Action-Able Exercise P14:

Get to know the Hero

Be self-reflective. Consider the following list of questions. Select the items relevant to your resolution to build your awareness about those issues. Down the road, if you get stuck, come back to the questions you're skipping today to see if there is another personal tendency you need to address.

- Are you more of a morning person or an evening person?
- Do you prefer to do a new activity with other people or on your own?
- Are you more introverted or extroverted?
- How much does the approval of others matter to you?
- Do expectations from others motivate you or activate rebelliousness?
- Are you more organized or disorganized?
- Do you tend to work in bursts or long hauls?
- Do you tend to start projects early or wait until the last minute?
- Do you prefer the excitement of starting a new activity or the experience of completion?
- Do you prefer the comfort of routine or the excitement of new experiences?
- Do you tend to seek out or avoid change?
- Is moderation easy for you or is it easier to abstain from a temptation altogether?
- Where do you have open time in your day? Where can you make time?
- What time of day is your mind sharpest? When is your willpower strongest?
- What healthy activities energize or refresh you?
- What are your quirks, unique tendencies or routines that this goal needs to work around?
- What atypical challenges do you grapple with?

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Take notes about the tendencies relevant to your resolution.

The answers to these questions give you information about yourself and remind you to prepare interventions that work specifically for you.
