PREPARATION PHASE
Action-Able Exercise P3:
What sets you up for success?

Think back to the last time you successfully followed through on your resolution. Pick two or three questions from the list below to help you explore *what happened before and after* you stuck with your best intention. This information illuminates the Habit Pathway, showing you the Signs pointing toward your resolution, the Fuel that energizes you to persist and the rewarding Destination of your new action (Travel).

- What was your energy level?
- What was your mood?
- What were you thinking about?
- Was anyone with you? If so, who?
- How connected were you feeling?
- Afterward, how did you feel physically, emotionally and socially?
- Afterward, what did you think about this experience?

The next time you succeed in following through on your resolution, come back to these questions and deepen your understanding of the circumstances supporting your success.

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