

PREPARATION PHASE

Action-Able Exercise P4: Reflect on HALT

Consider your own state right now in terms of HALT:

How Hungry are you feeling right now? (circle your answer)

0	1	2	3	4	5	6	7	8	9	10
not at all hungry				somewhat hungry				ravenously hungry		

How Angry are you feeling right now? (circle your answer)

0	1	2	3	4	5	6	7	8	9	10
calm				irritable				furious		

How Lonely are you feeling right now? (circle your answer)

0	1	2	3	4	5	6	7	8	9	10
connected				somewhat lonely				isolated		

How Tired are you feeling right now? (circle your answer)

0	1	2	3	4	5	6	7	8	9	10
rested				somewhat tired				exhausted		

Let any judgment about these observations move across your awareness without latching on to them. Just collect the facts.

Next, think back to a time when you were trying to enact your resolution while you were Hungry, Angry, Lonely or Tired. How did the HALT experiences impact your willpower?

from Chapter 8, *From Hope to Habit* by Margit Cox Henderson, Ph.D.

PREPARATION STAGE
Action-Able Exercise P4:
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Watch for the need to HALT going forward and collect more observations about the impacts of being Hungry, Angry, Lonely or Tired on your ability to live your best intentions.
