

The January Blues Workshop Worksheet

1. List 3 feelings that best represents your mood in the months leading up to Christmas & New Year season.

2. List 3 habits that have a **positive** effect on your life?

3. List 3 habits that have a **negative** effect on your life?

4. Write down '**why**' you would like to change each negative habit in point 3.

5. Expand each reason in point 4 further (find the deep lying motivation and keep asking)
(*example I want to live longer - **to have more years with my children***)

6. List the cues/triggers that keep you performing each negative habit
(times, locations, emotional states)

7. List 3 strategies that you could implement to reduce your stress levels.

8. List 3 positive habits that you can replace your negative habits with.