



# THE POWER HABIT OF CONTEMPLATION

JOURNEY TOWARDS POSITIVE, LASTING CHANGE



# CONTEMPLATION



## Introduction

Contemplation involves taking time to reflect on your goals, motivations, and the changes you want to make. By thoughtfully considering why these changes are important to you and visualizing the benefits, you can strengthen your commitment and prepare mentally for the journey ahead. Contemplation helps you align your actions with your values, making it easier to embrace change and form lasting habits.

*"The only way to make sense out of change is to plunge into it, move with it, and join the dance." - Alan Watts*

## How to Use these Worksheets

The following exercises include prompts, visualization exercises, and affirmations designed to help you reflect on your goals, motivations, and the changes you want to make. Over the course of several days or a week, use these questions to dive deep into your thoughts and feelings about the changes you want to make. The space provided may not be enough. Use a separate journal or the note app in your phone to capture everything.

# REFLECTION

## *exercise one*

WHAT SPECIFIC CHANGE DO YOU WANT TO MAKE?

WHY IS THIS CHANGE IMPORTANT TO YOU?

HOW WILL THIS CHANGE BENEFIT YOUR LIFE?

WHAT CHALLENGES MIGHT YOU FACE IN MAKING THIS CHANGE? PROVIDE ONE POTENTIAL SOLUTION FOR EACH.

WHAT RESOURCES OR SUPPORT DO YOU NEED TO SUCCEED?

HOW WILL YOU MEASURE PROGRESS?

WHAT WOULD BE THE CONSEQUENCES OF NOT MAKING THIS CHANGE?

# VISUALIZATION

## *exercise two*

Spend a few minutes each day visualizing yourself successfully making the change.

Imagine your future self: What does your life look like after you've made this change?

What does success feel like? How do you feel physically, emotionally, and mentally?

Visualize the steps: What specific actions are you taking to achieve this change?

Focus on the emotions. What emotions bubble up for you during this visualization?

# AFFIRMATIONS

## *exercise three*

Create positive affirmations related to your goal and repeat them daily to reinforce your commitment and motivation.

### **Step One: Identify**

Identify key affirmation. Think about the core aspects of your goal and create affirmations that resonate with you. For example, if your goal is to improve your health, an affirmation might be, "I am committed to making healthy choices every day." An affirmation can be something that is not currently your reality but must be realistic and within your control to achieve.

### **Step Two: Make Visible**

Record your affirmations. You can come up with as many as you want. Be sure to write them in the present tense [I am vs I will]. Write your affirmations in a journal and revisit at least once daily or on sticky notes and place them where you can see them daily, such as on your mirror, desk, or refrigerator.

### **Step Three: Put on Repeat**

Set aside a few minutes each day to say your affirmations out loud. This can be part of your morning routine or a quiet moment during the day. For a little extra boost, try saying your affirmations in front of a mirror.

### **Step Four: Feel Your Feelings**

As you repeat your affirmations, focus on the meaning behind the words and visualize the positive outcomes. Feel the emotions associated with achieving your goal.

# NEXT STEPS

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## Congratulations!

Taking the time to reflect on your goals and motivations is a crucial part of a healthy change management plan. Here are suggested next steps:



### Give Yourself Time to Reflect

After completing the worksheet, take some time to reflect on your answers. This period of contemplation is essential for gaining deeper insights into your goals and motivations.



### Reevaluate Your Goals

Sometimes, through reflection, you might realize that the specific change you initially wanted isn't what you truly desire. For example, you might have started with a goal of weight loss but discover that what you really need is more self-compassion and love. In this case, your focus might shift from strict dieting to practices that promote self-acceptance and emotional well-being.



### Adjust Your Approach

You might find that your goal remains the same, but your approach needs to change. For instance, if your goal is to improve your fitness, you might initially plan to go to the gym every day. However, you might realize that a more sustainable approach for you is to incorporate a mix of activities like walking, yoga, and home workouts. Adjusting your plan to fit your lifestyle and preferences can make it easier to stick with your goals.



### Revisit Regularly

Use this worksheet as a living document. Revisit it regularly to reflect on your progress, reassess your goals, and make any necessary adjustments. This ongoing process of contemplation will help you stay aligned with your values and committed to your journey.