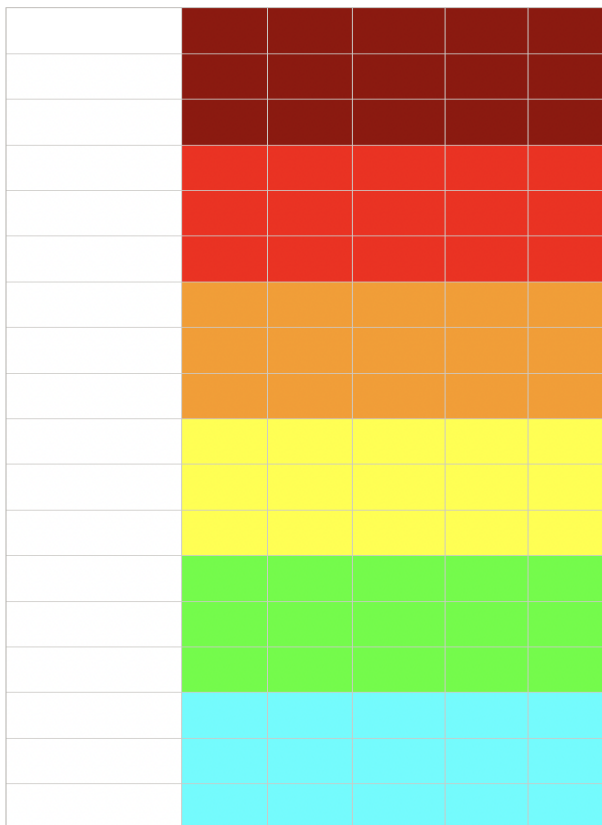


Being Better On Purpose

5 Opportunities



How It Works

- Super simple data collection - all you need to do is make 5 boxes for each day - you can even use post it notes! Just make a mark for each time you INTERRUPT and RESTRUCTURE *on purpose*.
- Doing this at least 5 times each day will help to solidify your new habits AND
- ...while I do want this all to become your new habit, it is VITAL that you keep these techniques well practiced daily so that they are available to you when you need them!

A Note On Keeping Track

- **You will miss some!** If you are really developing a habit here, you'll be doing this so automatically that you won't be able to catch all the times you activate your new habits! THAT'S OK!
 - Make sure that you activate them ON PURPOSE because THAT is practice and practice makes proud...

DISCLAIMER

My super simple spreadsheet is just ONE of a million ways to capture this!

You have 5 fingers on each of your hands (typically), so use your fingers to keep track!

You can make designs like the one you clicked on to get here as you activate your super power!

Lots of ways of keeping track! Do what works for YOU!!

If you have questions, don't hesitate to reach out! You can always email Liz@DitchTheDx.com or send a text message to 919-756-4548 if you'd like to set up a consultation.