



**1. Exercise: The Power of Habits**

Use this chart to identify and track your current habits and to build new, empowering habits.

Habit to Change	Current Trigger	Current Routine	Current Reward	Desired New Routine	New Reward
Fast food	Time constrains	Passing by FF places	Quick & easy	Prepare meals	More vibrant health
Lack of exercise					

**Instructions:**

1. Identify a habit you wish to change.
2. Fill out the current trigger, routine, and reward columns to understand your existing pattern.
3. Clearly define the new routine you want to implement.
4. Choose a motivating new reward to reinforce this new habit.
5. Use this chart daily to track your progress and reinforce your new positive habit.

## 2. Habit Tracker Template:

Create a structured habit tracker reflecting the exercise provided in the book to help readers form and monitor new habits consistently. The tracker will include columns for habits, the rationale behind each habit, days of the week, and reflection notes.

### Template Structure:

Habit	Why It Matters	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reflection Notes
e.g. Write gratitude notes	Helps me focus on positive	✓	✓	✗	✓	✓	✗	✓	Felt more connected; Need a reminder for consistency

This allows you to track daily completion and reflect weekly, making adjustments as necessary

### **3. Nonviolent Communication (NVC) Reflection Journal:**

Create a reflective journaling document based on the NVC exercises, including self-observation, expanding feeling vocabulary, needs awareness, and making clear requests.

#### **Journal Structure:**

- **Self-Observation Journal:**

*Date/Interaction:*

*Observation:* (Record interactions without judgment.)

*Reflection:* (Did you use evaluations or judgments?)

- **Feeling Vocabulary Expansion:**

*Emotion experienced:*

*Specific feelings identified:* (e.g., frustrated, irritated, angry)

*Reflection on clarity gained:*

- **Needs Awareness:**

*Emotion:*

*Underlying Need (met/unmet):*

*Insights:*

- **Clear Requests Practice:**

*Situation:*

*Request made:*

*Outcome & reflection:* (Evaluate clarity and effectiveness of the request.)

This guided journal enhances your ability to practice compassionate communication in your daily lives

#### **4. Symphony of Self – Life Harmony Wheel:**

Here is a "Life Harmony Wheel" based on the "Symphony of Self" exercise to help you visualize and evaluate harmony across different life aspects like relationships, work, health, and personal growth.

#### **Wheel Structure:**

- A circle divided into 8 sections:
  - Health & Wellness
  - Relationships-Significant other
  - Work
  - Finances
  - Personal Growth
  - Living and working environment
  - Friends & Family
  - Spirituality

Each section rated from 1 to 10 for harmony level, with space provided to note down one actionable step towards improvement.

<b>Life Aspect</b>	<b>Harmony Rating (1-10)</b>	<b>Action Step</b>
Health & Wellness	7	Call a family member weekly
Relationships & Significant other	6	Set clearer boundaries
Work	5	Daily morning stretches
Finances	7	Organize my finances
Personal Growth	5	Read a new book monthly
Living & Working environment	7	Bring a plant at work and fix the deck
Friends & Family	6	Connect with my close friends and mom once a week
Spirituality	7	Integrate meditation daily