



Healthy Habits 21-Day Challenge

Day 3: Current Habits & Patterns Assessment

In this Assessment Exercise there may be aspects of your life you've never looked at before, never thought of before, or have been hiding from. I implore you to look deep within yourself and be honest about where you are in these areas of your life. There are three levels of awareness you can dive into with this exercise depending on how deep you would like to go. Also, try your best to focus on just your *current* reality. I know it may be more appealing to start brainstorming about your ideal habits, but we need to build a strong foundation for these Healthy Habits to stick! Remember:

- There are no right or wrong answers, just the truth!
- Complete with intention and observe what you readily answer and where you hesitate
- The best way to complete this, is the way that works best for you!
- Value PROGRESS over perfection
- Complete with kindness, compassion, and honesty with yourself



Awareness Level 1

	Where to look	Current Reality
Morning Routine	What is your morning routine? Do you use an alarm to wake you up in the morning, and if so do you hit the snooze button? What do you typically do as soon as you wake up? Do you immediately look at your phone? If so, what emotions does doing this bring up in you? How does your routine differ on weekends? What are your usual first thoughts when waking up?	
Evening Routine	How do you typically wind down before going to sleep? Do you go to bed at a consistent time? Do you do anything before you do to bed to make your morning easier? Do you use any apps or routines to assist with your night time routine? How does your routine differ on weekends?	
Health & Fitness, Food	Do you have an exercise routine? Do you take care of your health? Are you aware of what you want in this area of your life? Do you make your own meals, order take out? How often? Are you off and on diets? Do you have a good general understanding of health and nutrition? What are your energy levels like on a regular basis?	

Social	How do you typically interact with your friends and community? Do you generally have a good relationship with your immediate family? Is your social life as you would want it to be? Do you feel you are a good friend?	
Financial	How do you typically interact with your finances? What kind of spending patterns do you have? Do you have any habits of under or over spending? Do you frequently experience financial stress? Do you have clear financial goals/desires? Do you have a system for organizing your finances?	
Media Input	How do you engage in social media? Do you ever 'doom scroll'? Do the TV shows and movies you watch reflect what you want from life? What is the ratio between what you consume and what you create? What does your screen time look like?	
Environment	Does your home feel like a reflection of who you are and what you desire in life? Does your home feel like an oasis and a place of comfort for you? Is your space cluttered and unorganized? Does the laundry pile up? Do you keep your spaces clean and tidy?	

Awareness Level 2

	Where to look	Current Habits
Intellectual	How are you 'feeding' your brain? In what ways are you learning? How do you engage in personal development and evolution towards your highest self? Do you challenge yourself?	
Emotional	Do you set healthy boundaries? What is your self-talk like? What emotions do you typically feel on a daily basis? Joy? Anxiety? Stress? Contentment? What is your attitude towards life like?	
Love / Intimate Relationship	What patterns do you notice around your intimate relationships? Are you aware of what your love language is? Are you sexually satisfied? Are you aware of your and your partner's needs? *If single, do you know what you are or are not looking for? What type of partners do you attract in your life?	
Parenting	How do you interact with your children on a daily basis? Are you aware of their needs, wants, and desires in life? Do you have a clearly defined parenting strategy?	

	<i>*If you do not have children, do you know if/when you would like them?</i>	
Career	<i>What thoughts and feelings do you typically feel around your career/job? Do you feel fulfilled and challenged in your career? Is your career aligned with who you are and what you want in life? What does your work/life balance look like?</i>	
Creativity	<i>Do you have creative outlets in your life that allow you to feel fulfilled? How do you express yourself?</i>	

Awareness Level 3

	Where to look	Current Habits
Spiritual	Do you have a spiritual practice? Do you feel fulfilled? Can you clearly articulate your spiritual beliefs? Do you live in a conscious way in all aspects of your life? Do you feel present and in the moment? How accepting are you of yourself (good and bad)?	
Quality of Life	Do you have new experiences that you want to regularly have? Do you often experience fun and joy? Do you feel you are living life to its fullest? Do you feel you are deserving of what you desire in life?	
Life Vision	Do you take time to think and visualize what you desire for your future? Do you know what you want to give back in your lifetime? Do you have a plan in place for achieving your ideal life?	
Self-Love / Self-Care	Do you love yourself? Do you find yourself often caring about what other people think of you? Do you feel you are living your life authentically and true to how you are? Are you able to accept compliments? Do take the time you need for yourself? Do engage in relationships that you know are not good for you? Do you celebrate your wins (big and small)? Do you embrace what	

	<i>makes you unique? Is there anything you need to forgive yourself for?</i>	
Character	<i>Are you aware of your core values and principles? Do you have a strong sense of who you are and what your purpose is? How do you deal with life's challenges? Do you feel in control of your own life? Do you feel you make choices and take action with integrity?</i>	