



3 Habits for Living Well in the New Year

We all want to live well. Getting from where we're at, to where we want to be- now, THAT is the challenge. Maybe you tend to turn a blind eye to patterns in your life and simply hope for the best; or maybe you over-think and over-achieve, all in effort to improve, change, and reach goals of excellence.

I'd like to convince you that you don't have to start a New Year's revolution in your family, or upend every detail of your life, in order to live well this year.

Start small and- **most profoundly**- start right where you're at.

If you haven't already read the blog post that correlates with this worksheet, you can find it here. →

<https://kristyscottage.com/3-habits-for-living-well-this-year/>

Now let's brainstorm and discover just *three new habits* for living well this year. If you choose to live these out with consistency, these steps can be transformative!

1. Choose three TOP areas of importance.

If you had to divide your life into just three over-arching categories where you want to see improvement, what would they be? For example, mine might include *homeschooling, family life, and personal health.*

Take a few minutes and write down your top three:

1. _____
2. _____
3. _____

2. What specifically needs to improve?

→ Go back to those “top three” categories you just wrote down. What needs to improve in each category? Where would you like to see yourself in twelve months?

Again, for example, I might write: *homeschooling- I need to be more consistent with reading aloud to the kids; I want to read at least one chapter book a month. Family life-communication/relationship with my husband; we need more time together, just the two of us. Personal health- I need to focus on my oral health this year, not just the kids!*

Now write down areas of improvement you want to see in each of the three categories you chose. Be specific!

1. _____
2. _____
3. _____

3. Cultivate a habit.

This is the part that will connect you from Point A (where you are now) and Point B (where you want to go).

→ Read over your "top three" list again, then read the areas of improvement you want to see happen. Where do you need to grow/change/improve/learn in order to move from where you are now to that second list (where you want to be)?

The missing line between Point A and Point B is usually a *lifestyle habit*.

→ What habit do you need to cultivate in your life in order to see the growth or improvements you want? Notice that I said *habit*, not *habits*. Making a list of "ten new things to do every day" will likely frustrate and overwhelm you- *and anyone who is close to you*. Creating unsustainable "resolutions" is exactly why most people have given up on New Year's goals by February.

You are going to choose ONE, specific habit for each category; this should be a habit that will directly impact where you are *now* and move you in the direction you want to be.

My habits might look like this: *homeschooling: read aloud to the kids for ten minutes each week day; family life- schedule a weekly date night with Jeremy; personal health- oil pulling every morning (and schedule a dental appointment for myself).*

→ Write your three new habits here:

1. _____
2. _____
3. _____

Remember: consistency is key!

Habits take lots of time and lots of practice. Review this list on a regular basis; tuck it in your Bible or journal or tape it to the mirror in your bedroom. Use a planner with a habit tracker, if that helps keep you focused. Enlist help from a friend who can keep you accountable. Ask for God's help, grace, and strength as you pursue positive changes in your life. On the next page, you'll find a printable for your home or binder; consistency will turn a goal into a habit. Blessings on the new year, my friend! Xoxo, Kristy

Consistency:

**making the same,
small decisions
over and over again
in order
to move toward
a goal
or end result.**