

ALIGNED HABITS

WORKBOOK

Salama
Coaching

The High achievers blueprint for Achieving
Intentional Goals

WWW.SALAMACOACHING.COM

ABOUT THIS WORKBOOK

Welcome!

Congratulations on taking the first step toward creating habits that align with your goals, values, and aspirations. This workbook is designed to be your companion in the journey to building habits that serve your purpose and empower you to lead with confidence.

By the end of this workbook, you'll have a clear plan to:

- Identify habits that align with your goals and values.
- Create realistic and actionable habit plans.
- Track your progress and reflect on what's working (and what's not).
- Stay accountable and motivated throughout your habit-building journey.

WHAT HABITS DO YOU WANT TO CHANGE?

What unhelpful habits are stopping you from moving forward?

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NOTES:

WHAT'S YOUR INTENTION?

Every meaningful goal starts with a clear intention. This is your “why” the deeper reason behind what you want to achieve.

NOTES:

WHAT'S YOUR GOAL?

Your goal is the tangible result you want to achieve something measurable and specific.

NOTES:

CREATING ALIGNED HABITS: THE BLUEPRINT

STEP 1:

Make it obvious & easy

NOTES:

CREATING ALIGNED HABITS: THE BLUEPRINT

STEP 2: ATTACH TO A TIME AND LOCATION

I will [behaviour] at [time] in [location]

NOTES:

CREATING ALIGNED HABITS: THE BLUEPRINT

STEP 3:HABIT STACKING

After [current habit] I will [new habit]

NOTES:

Habit Tracker

month:

[illegible]

habit:
target: total:

habit:
target: total:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

☐ ☐

habit:

target: total:

habit:

target:

total:

[illegible]



STAY IN TOUCH!

I'd love to hear your thoughts! Feel free to DM me on LinkedIn or Instagram I'm always here to support you.

If you're interested in learning more about how I can help you or your organisation, don't hesitate to get in touch. Email me at hanane@salamacoaching.com and we can explore how we can work together to unlock your full potential.

www.salamacoaching.com
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