



# HABIT TRACKER

FREE WELLNESS WHEEL INCLUDED!



## Are you looking to tackle the areas of

- anger**
- lust**
- worry**
- cynicism**
- pride**
- self-centeredness**
- greed**

We all have both good and bad habits in our life. Creatures of Habit reveals how to remove bad habits and replace them with godly ones. True transformation is God's work - our job is to listen, obey, and put into practice what he's already directing us to do.

One of the ways we can break bad habits is by owning them. Below you will find a tool, designed to help you identify areas of your life that are holding you back from God's best.



## What is a habit?

"A habit is a behavior that has been repeated enough times that it has become second nature or automatic for us. And every day of our lives we are either reinforcing old habits or forming new ones.

Positive or negative, habits are born out of the brilliance of our Creator. By making it possible for us to develop habits, God saved us from having to weigh the same decisions ever and over again. They often become virtually automatic. The key is for Jesus to be reflected in those habits, which will happen if he is the most important thing in our lives.

The best way to form godly habits is to focus on what we want to become, not what we want to achieve. Forming these habits is the path to demonstrating to the world that you are a child of God.

God created us to be action-oriented. So in each chapter of this book, I share several steps you can take that will break the bad habits that are keeping you from God's best and replace them with healthy spiritual habits."

***Creature's of Habit by Steve Poe***

**“**Jesus sees your hate and meets it with love. He sees your despair and counters it with hope. He sees your doubt and lobs belief back at you again and again. Cynicism melts under the relentless hope of the gospel.”

CAREY NIEUWHOF

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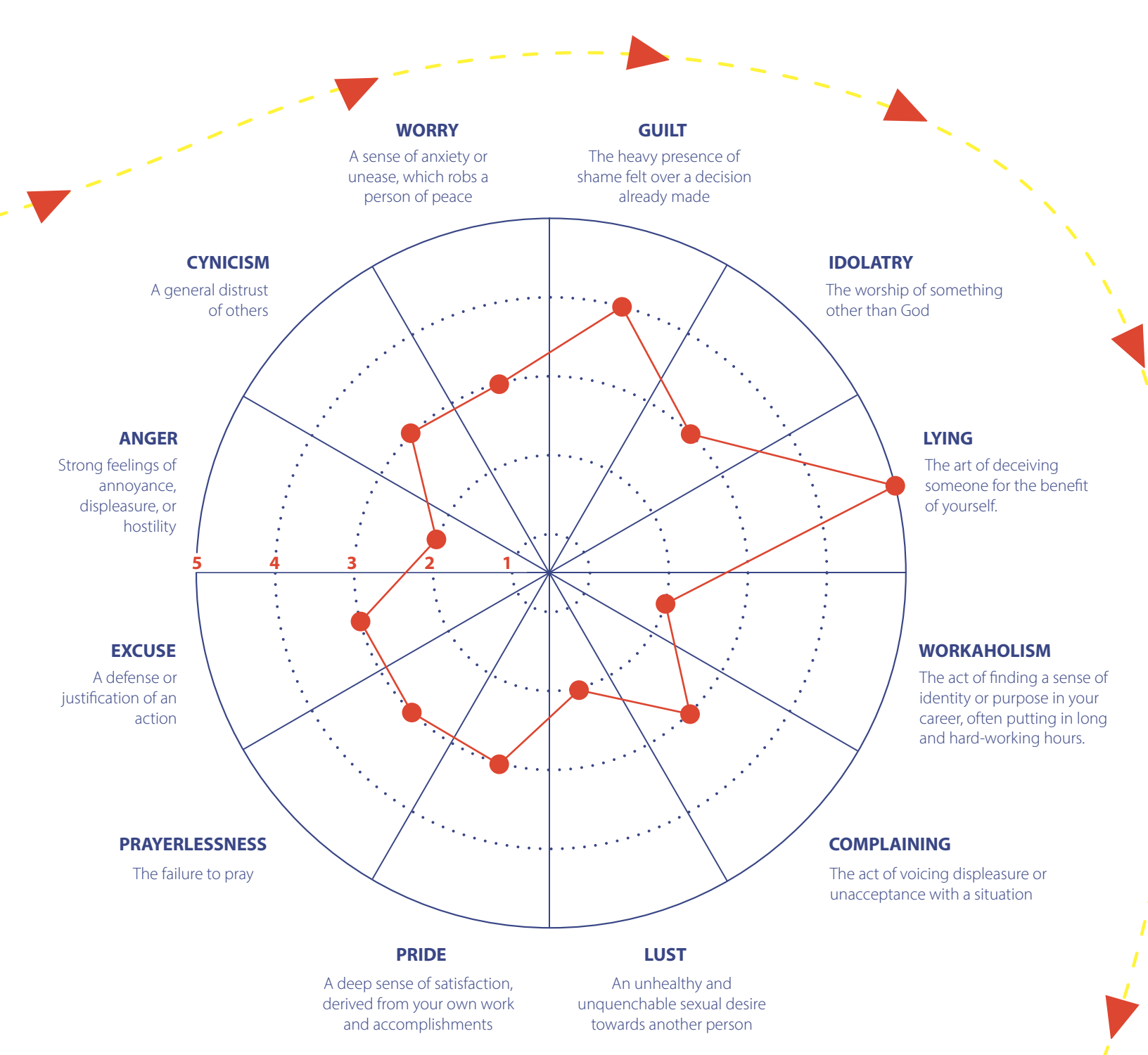
**“**God is very much aware of your inabilities and weaknesses and, he will never ask you to do something that he won't first give you the ability to carry out.”

CREATURES OF HABIT

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**“**I belong to God and therefore my desire is to have Jesus reflected in my habits, showing that he is more important to me than anything else.”

CREATURES OF HABIT



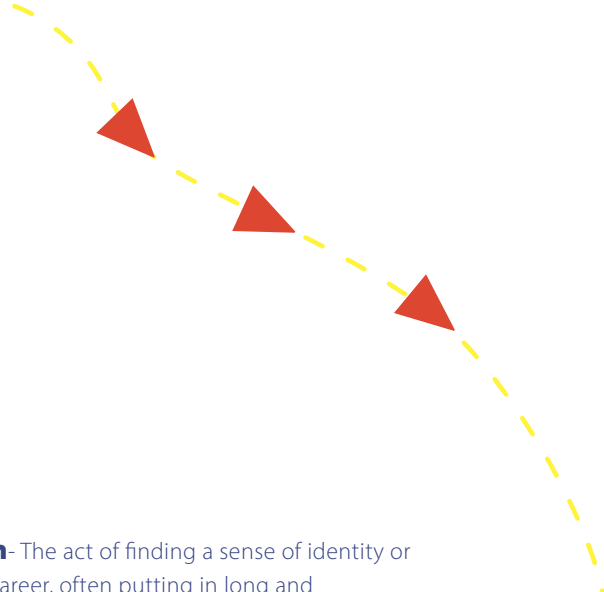
## Instructions

Use the wellness wheel above to map out the habits in your life worth breaking, like the example above. Drop a dot on the line, ranking each section with a score of 1-5.

**1: Indicates an area of needed improvement**

**5: Symbolizes an area of personal excellence**

Once you have completed ranking these nine bad habits, connect the dots to see an outline of your personal peaks and valleys. The goal of this exercise is to see your wheel as round as possible, pointing to a healthy and well-balanced approach to life.



**Listed below are 12 bad habits worth breaking, according to Creature's of Habit by Steve Poe.**

**After reading these definitions and thoughtfully answering the questions below, track your answers on the wheel.**

**Pride** - A deep sense of satisfaction, derived from your own work and accomplishments.

- Where do you place blame for your problems?
- Are your conversations usually centered around you?
- How do you get along with your coworkers?

**Anger** - Strong feelings of annoyance, displeasure, or hostility.

- Do you let the little things bother you?
- Do you keep yourself busy, so there's no time to feel?
- Do you struggle with addictive behavior or act passive-aggressively?

**Excuse** - A defense or justification of an action.

- Do you blame others for the choices you make?
- Do you justify your actions on your experiences or traumas?
- Do you find yourself back-peddling when explaining a situation?

**Lust** - An unhealthy and unquenchable sexual desire towards another person.

- Has your interaction with the opposite sex been honoring to Christ this week?
- Did you overstep any lines?
- Have you actively been participating in sin?

**Cynicism** - A general distrust of others.

- Do I have a pessimistic perspective on life?
- Am I wary of other's intentions?
- Would I consider myself a trusting person?

**Worry** - A sense of anxiety or unease, which robs a person of peace.

- How often do you overplay thoughts in my mind?
- How does my body react to stress levels?
- Does your anxiety keep you up at night?

**Complaining** - The act of voicing displeasure or unacceptance with a situation.

- Do you express frustration about something you can change?
- Do you practice gratitude often?
- Is your venting draining to others?

**Workaholic** - The act of finding a sense of identity or purpose in your career, often putting in long and hard-working hours.

- Do you find yourself thinking about how you can free up more time for work?
- Do you often work overtime?
- Has the level of importance of other areas of your life like hobbies, fitness, and family dropped?

**Lying** - The art of deceiving someone for the benefit of yourself.

- Have you spoken in a misleading way?
- Have you ever exaggerated the truth?
- Have you used flattery to get your way?

**Idolatry** - The worship of something other than God.

- What is the first thing you do in the morning?
- What do you spend your money on?
- What do you have a hard time letting go of?

**Guilt** - The heavy presence of shame felt over a decision already made.

- Are you worried about upsetting others?
- Are you always analyzing what you could have done differently?
- Do you allow one bad decision to turn into a day of self-criticism?

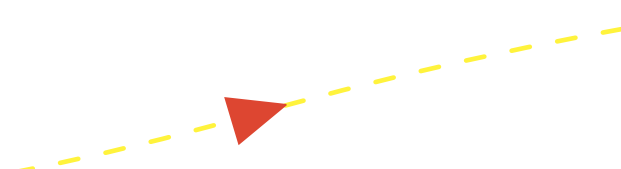
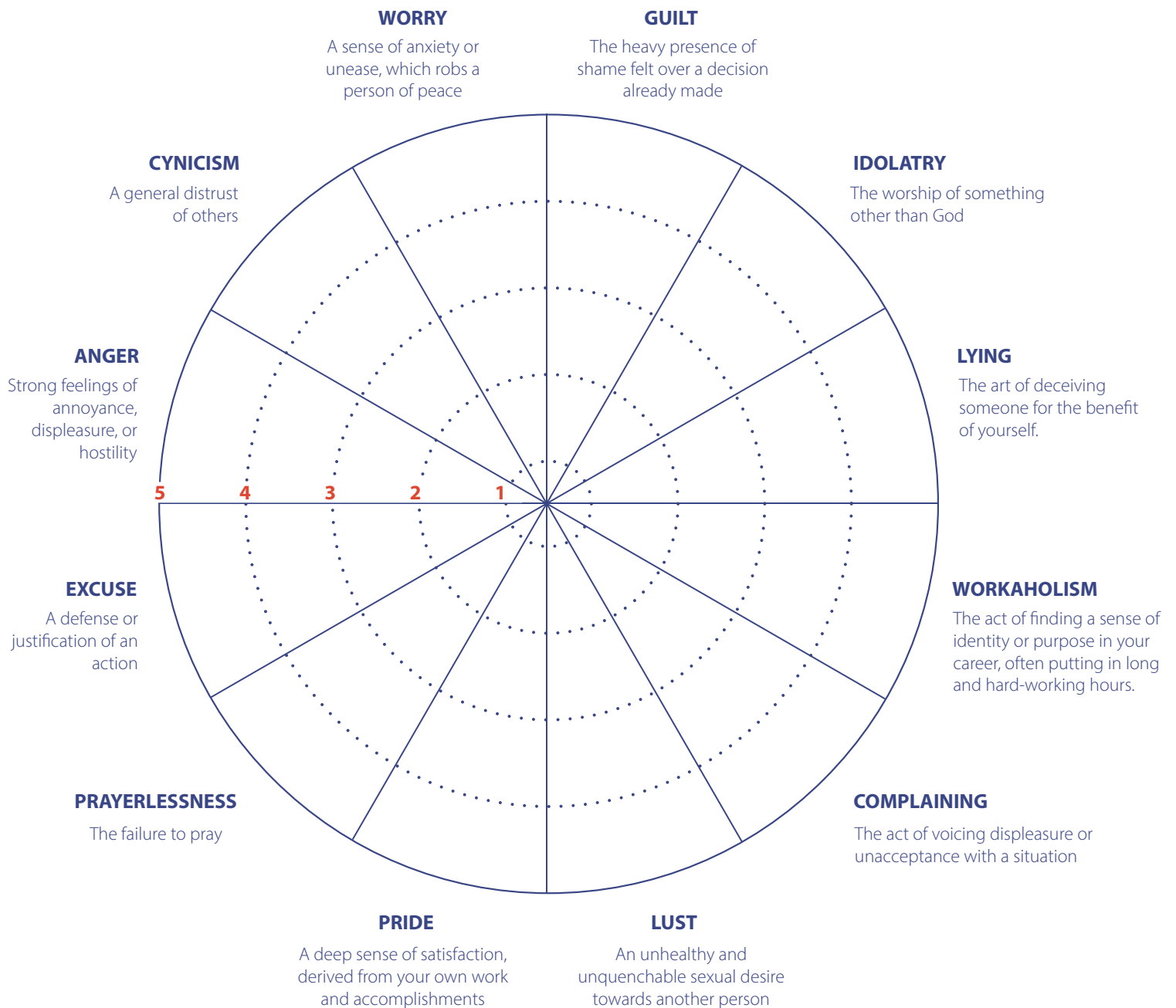
**Prayerlessness** - The failure to pray.

- Do you have set apart time for God?
- Do you feel comfortable bringing your cares and worries to the foot of the cross?
- Do your prayer consist of things not self-satisfying?

# HABIT TRACKER

## MY HABIT TRACKER

MAP OUT THE HABITS IN YOUR LIFE WORTH BREAKING!



# HABIT TRACKER

## OWN IT!

This month I'm replacing \_\_\_\_\_ with a godly habit.

Take a minute to think and pray about three steps you can take over the course of a week to tackle this habit and track them below.

### STEP 1

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### STEP 2

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### STEP 3

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