



WEEK 2: REFLECTING ON WINS AND LOSSES OF BEHAVIOR

Activity Title— Time Mapping for Meaningful Change

Objective

This exercise aims to build awareness of how you spend your time without judgment, align daily behaviors with your core values, and envision the positive impact of behavior changes for a more fulfilling and sustainable lifestyle

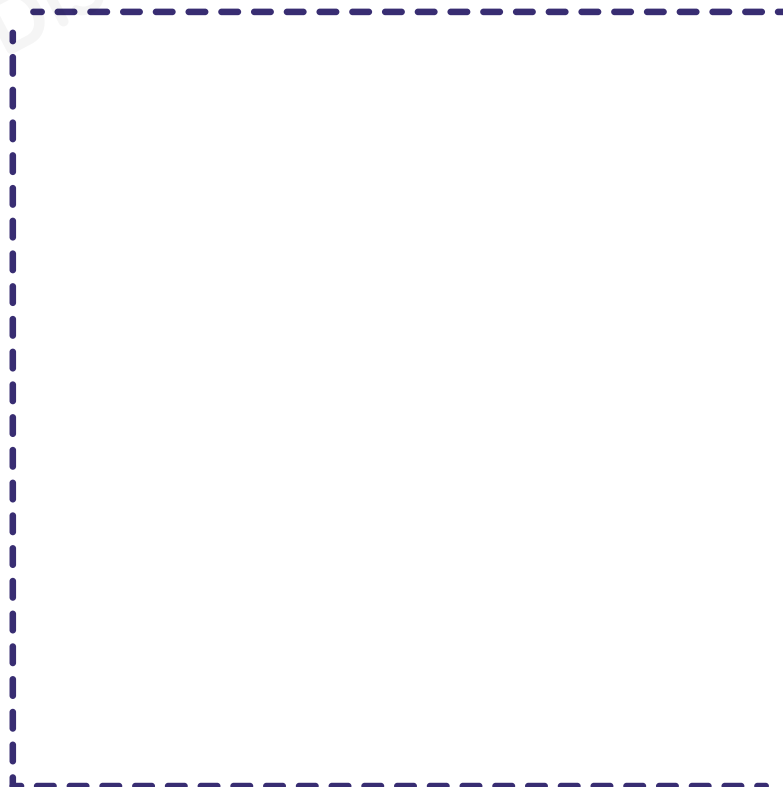
Instructions

In our first session, we discussed the importance of matching your small behaviors with your core values. Refer to your week 1 worksheets for your list of core values and the small behaviors that align with them.

Step 1: Time Circle — Time Analysis

1. Draw a Circle: Draw a large circle to represent a 24-hour day
2. Divide Your Day: Divide the circle into segments representing how you typically spend your day Include time for sleep, work, leisure activities, etc.
3. Label Each Segment: Label each segment with the corresponding activity and time spent

For more instructions, refer to this link: [Time Circle Instructions](#)



STEP 2: REFLECTION ON CURRENT HABITS

Honest Assessment

Look at your time circle and assess how you're spending your time without judgment. Be honest and include all activities, even those that may seem less productive, like watching TV or browsing the internet.

Identify Changes

Reflect on which behaviors you would like to do less of and which you would like to do more of.

- **Behaviors to Reduce:** Reflect on which behaviors you'd like to do less of.
- **Behaviors to Increase:** Identify behaviors that align better with your goals and core values.

Behaviors to Reduce:

Behaviors to Increase:

Rewards and Replacements

- Reflect on the rewards (positive or negative) of your current behaviors. For example, watching Netflix might provide relaxation or escape from stress.
- Consider replacement behaviors that offer similar rewards. For instance:
 - Netflix Relaxation: Replace with a bath, a walk, or meditation.
 - Social Media Scrolling: Replace with journaling or reading.
- Experiment with different options and evaluate which provide the same or better benefits.

STEP 3: ENVISION BEHAVIOR CHANGE

Identify Behaviors to Change: Choose 2–5 behaviors you’d like to change, such as reducing time on social media or waking up earlier to exercise.

Envision the Impact: Close your eyes and imagine how changing these behaviors could positively affect your life, including personal and professional areas, health, relationships, and self-image.

Write It Out: For each behavior you want to change, write a detailed paragraph about its impact on your life. For example:

- How could waking up earlier make you feel more energized at work?
- How might prioritizing time with friends help you feel more connected and supported?

Behavior 1	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div>Commitment through Visualization</div><div>Envisioning the positive changes helps solidify your commitment.</div><div>By imagining the benefits, you create a stronger connection to the change, making it easier to stay motivated and follow through.</div></div>
Behavior 2	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	
Behavior 3	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	

FINAL THOUGHTS FOR WEEK 2

- This exercise is iterative. Regularly revisit and update your core values, behaviors, and goals as you grow and change.
- Celebrate your successes, no matter how small, and learn from setbacks without self-judgment.
- Use this worksheet to guide your journey toward breaking unproductive habits and creating new ones.