

# Empowered Man HABITS

## WEEK 2 ASSIGNMENT

A - Select 1 ineffective behaviour/habit that you want to address that would make a massive improvement on your life if overcome.

INEFFECTIVE BEHAVIOUR/HABIT:

---

---

B - Every time you catch yourself doing this ineffective behaviour:

1. STOP
2. MAKE NOTE OF THAT EVENT IN YOUR PHONE
3. ESTABLISH WHAT EMOTION IS PRESENT

THIS TASK IS TO BE COMPLETED EVERYDAY EVERY TIME THIS  
INEFFECTIVE BEHAVIOUR HAPPENS FOR THE NEXT 7DAYS