

# Keystone Habit Worksheet

A keystone habit is a behavior or routine that naturally pulls the rest of your life in order.

Examples of keystone habits:

- exercise
- food journaling
- meditation

One reason the Yoga Health Coaching program is so effective in helping people take their health to the next level is that it incorporates 3 proven keystone habits.

Think about your current habits — good and bad.

**Identify 1 habit that sets a better choices in motion:**

(Ex. when I get up and go for a run, I always choose to drink a green smoothie after. I'm more alert at work and I sleep better that night.)

Name your keystone habit:

List the benefits set in motion:

- 1.
- 2.
- 3.

**Identify 1 habit that sets a poor choices in motion:**

(Ex. when I check email early in the morning, I may get hungry and eat a banana before I exercise. I cut my exercise short so that I can get to work. All day I'm more restless at my desk and I don't sleep as well that night.)

Name your bad keystone habit:

List the benefits set in motion:

- 1.
- 2.
- 3.

