

Professional Habit Reset Checklist

Fill this out honestly. This is about structure, not motivation.

1. Habit Awareness

I can name habits slowing my growth

I don't confuse activity with progress

I know which behaviors are emotional

Habits I need to remove:

2. Creation Structure

I have fixed weekly creation blocks

I create even when motivation is low

My sessions are focused and repeatable

My weekly creation schedule:

3. Outcome-Based Sessions

Every session has a clear outcome

I prioritize finishing

I add usable assets regularly

Outcomes I will focus on:

4. Weekly Workflow

I plan my week in advance

I know what I'm working on each session

I have a review/finish day

My weekly workflow:

5. Feedback & Progress Tracking

I release or share work regularly

I review feedback objectively

I track improvement weekly

How I'll collect feedback:

Revisit this checklist weekly. Systems create momentum.