

Challenge 3: 28 Day Challenge Reflections

Use the following as a template and prompt for writing your 28 Day Reflection (Due Sunday)

What was your original goal?

How did you do?

1. Motivation

Did you stay motivated throughout?

What techniques worked to keep you motivated that you could continue to use in your life?

In class we discussed the need to use the basic human desire to pursue pleasure and avoid pain by reminding yourself of the long-term consequences of your actions while also thinking about adding pleasure by having a friend join you or increasing the painful consequences by creating consequences for yourself and having a friend hold you to it. Did you try anything like this? Did it work?

2. Will power & Supernormal Stimuli

In Lesson 3 we learned how motivation is decreased when we over-indulge in supernormal stimuli. Did you cut any supernormal stimuli out of your life over the past 4 weeks? Did you feel any difference in your willpower?

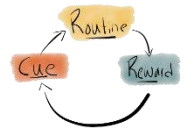
3. Breaking Habits and Creating New Ones

We reviewed three key elements for breaking habits and creating new ones.

1. Making time. Time is so precious in our busy world. Did you make a plan and schedule to allow time for your new habit, and were you able to stick to it?

What lessons did you learn about time management that could be useful in your life?

2. Changing your routine. In the diagram of the “Habit Loop” we learn that the cue cannot be changed and instead we have to create new routines that give an adequate reward. Over time the new routine becomes automatic. Were you able to notice any progress in the creation of a truly new habit that is now automatic?



Based on your success/failure of creating a new routine, what did you learn that could be useful in your life?

3. Changing your environment. We also learned that our environment constantly bombards us with distractions and supernormal stimuli that can drive us away from our goals. Did you change your environment in any way in order to succeed, and did it work?

Based on your success/failure of changing your environment, what did you learn that could be useful in your life?