HABIT VALUES *exercise*

DATE
:

Where on these spectrums feel most like "you". Make an "x" on the line.
Are you drawn to one side passionately? Are you somewhere in the middle?

CONSISTENCY ——— VARIETY

Thriving on sticking to the same routine or habit daily for steady progress.

Keeping things fresh and exciting by mixing up routines or approaches.

SIMPLICITY ——— DETAILED

Preferring a straightforward, no-frills approach that's easy to follow.

Opting for a thorough plan with all the specifics clearly outlined.

FLEXIBILITY ——— STRUCTURE

Adapting to circumstances and embracing a go-with-the-flow mindset.

Relying on a clear, consistent schedule to stay on track.

INTUITION-DRIVEN ——— DATA-DRIVEN

Making decisions based on gut feelings and personal instincts.

Using metrics, analysis, and numbers to guide decisions.

AT-HOME ——— AWAY-FROM-HOME

Preferring routines and habits within your home or familiar space.

Gaining energy and motivation by getting out and changing environments.

TORTOISE ——— HARE

Taking a slow-and-steady approach, prioritizing sustainable effort over time.

Diving in with intense bursts of effort for short-term progress.

PLAYFULNESS ——— SERIOUSNESS

Approaching goals with curiosity and fun, treating the process like a game.

Tackling goals with focus, discipline, and a no-nonsense mindset.

BEAUTY ——— FUNCTIONALITY

Finding motivation in aesthetics and creating an inspiring environment.

Relying on a clear, consistent schedule to stay on track.

INDEPENDENCE ——— ACCOUNTABILITY

Being self-motivated and relying on your own discipline to succeed.

Using metrics, analysis, and numbers to guide decisions.

PRIVATE WINS ——— PUBLIC WINS

Feeling fulfilled by personal success without needing external recognition.

Gaining energy and motivation by getting out and changing environments.