

# DOMINATE

A HABIT-FORMING JOURNAL

It takes **21 days** to ditch a bad habit or to make a good one stick. When it comes to creative endeavors, one bad habit can throw a wrench in everything. On a more positive note, taking the time and making the effort to develop one new positive habit can change everything for the better.

I'm sure you already know that your habits have an affect on your productivity and time management. Did you know that they can also play a major role in how creative you feel, your mood, and your overall experience of the world? They totally do.

If you're ready to get real about the ways your habits are impacting your creative endeavors, you **CAN** change your ways. This journal can't do it for you, but I hope that it will be a useful tool as you do it for yourself.

Ready? Good. Go dominate the hell out those habits.

*Created by Mani Canaday, Creativity Consultant <http://www.manicanaday.wordpress.com>*

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### **The Confrontation: Creating change through acknowledgement**

When answering these questions, **keep it quick and dirty**. Don't go back and second-guess what you wrote or try to prettify it. Typically, the first thing that pops into your mind will be the most **honest**. That's why you have the desire to go back and write something else in its place. Resist the urge. **Tell your shame and fear to get in the backseat and shut up**. You're the only one in the driver's seat now.

### **Three Questions. Three Minutes. Set a timer. Go.**

Write a brief description of the project that is of the most importance to you right now. Why is it important to you?

What are three bad habits that negatively impact this project?

- 1.
- 2.
- 3.

What are three good habits that would be useful to this project?

- 1.
- 2.
- 3.

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## WHY THE HELL AM I DOING THIS?

Think about how each of the three **bad habits** you listed negatively impacts your project. Now pretend that you're only going to be able to kill one of them. Choose the one whose eradication will be the best for your project and will bring you the most pleasure. Write it in big, bold, angry letters in the box below.



Now, draw a big, fat X through it. Doodle around it if you have room. Draw little guys shooting arrows into it, piercing its shriveled, ugly heart, write mean graffiti about its mother, sketch a herd of unicorns vomiting rainbows onto the bastard. Whatever moves you. When you're done, use the space below to write out the reasons you're done with the demonic little beast and how your life is going to be better without it.

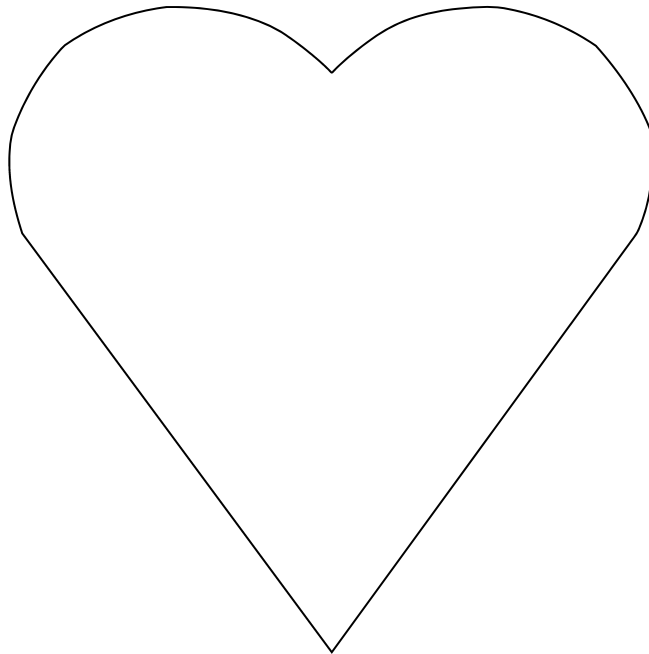
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HELL YEAH, I'M DOING THIS!

Now that you've given the asshole bad habit its eviction notice, you're going to have more room in your life. Fill the void it leaves as quickly as possible. If it tries to worm its way back in, you'll be less likely to relent. You need some NRE (new relationship energy), asap. Of the three good habits you wrote down, which one do you find the most attractive? Go with the one that's going to be the most generous gift giver and the most fun to be with while you work on your project. Write it in the heart below. Draw your new habit a bouquet of flowers or a box of chocolates. Write it a love letter. Be inviting. Be loving. Be seductive. It's up to you. Just do whatever it takes to get that sexy little habit into your life.



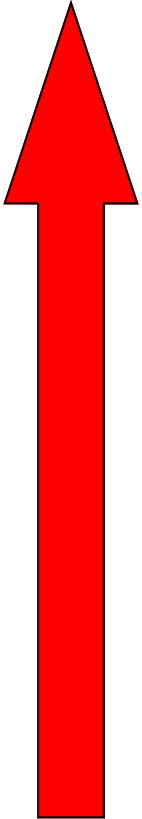
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## YOUR CONSCIOUSNESS



In 2006, a Duke University study reported that over 40% of our actions aren't consciously planned. Nearly half of what we do, we do habitually, on auto-pilot. Over the next **21** days, as you break just one habit and form a single new one, you might find that you drift into habitual behavior without thinking about it. If you catch yourself in the act, don't beat yourself up. Just stop. As soon as you realize that you're doing it, shut it down and move on. This is called pattern interruption. It will elevate your awareness, and the more often you disrupt the routine, the less frequently you'll revert to it as the days roll by.

Set up a reward system for your spoiled inner child, who will surely be thrown into tantrum mode by this change of events. Hell, if it works for learning not to pee on the floor, why not for whatever it is that you're learning not to do? I can't send you stickers, so color in a star for each day that you stay on track.

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YOUR STICKER CHART



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YOUR PLEASURE

At the end of each successful day, my reward is -

If I make it 3 days, I'm gonna -

A whole week of ass-kicking and I get -

21 days? Yeah. I made it. So now I get to -

P.S.

Send me a message at [withwoman@gmail.com](mailto:withwoman@gmail.com) and tell me about your habit changes. And your project! I'd love to hear about it.

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