



WEEK TWO: Reflective Exercise

IDENTIFYING ADDICTIVE BEHAVIOURS & CULTIVATING NEW BEHAVIOURS

Write down 5 behaviours that you would like to decrease or stop, followed by 5 behaviours to cultivate and maintain.

During our week two together on Facebook, let's discuss how we can support each other and how you can best support yourself to cultivate and maintain these new behaviours. As we journey over the weeks, we can check in on each other to see how it's going! Choose at least one activity to engage in this week that will help you to maintain your positive, new behaviours.

Behaviours to Decrease or Stop	Behaviours to Cultivate & Maintain
EX: watching tv/being on the computer right before bed	EX: limiting screen time to 30 minutes, followed by 30 minutes of meditation/gentle yoga right before bed.
