



ENCOURAGE EXERCISE #17

Creating Habits Triggers

Using the example below, write an *implementation intention* to help facilitate a specific professional development behavior you will practice to become more proficient at over time.

Goal Intention
Example

- *“To stay calm in anxiety producing situations”*

Habit Triggers
Example

- *“If my heart starts to race, then I will begin using my breathing technique and focus on how relaxed I begin to feel”*

IMPLEMENTATION INTENTION:
