

Course 6: Habit Formation & Discipline

Congratulations! This is the final worksheet of the Habit Formation & Discipline course.

You have done great to come this far, keep it up!

This worksheet is designed to help you reflect on your current wellbeing, clarify what matters most to you, and start building habits that support a balanced and fulfilling life. Take your time with each section. There are no right or wrong answers—just insights to help you understand yourself better.

NOTE: This course is not a suitable replacement for counselling, therapy, coaching or any other medical or mental health professional care.

Worksheet 4 – Maintaining Habits Long-Term

Purpose: Stay flexible, recover from setbacks, and prevent burnout.

Habit Maintenance Plan

Habit	Signs I'm Getting Off Track	How I'll Reset Gently	Adjustments as Life Changes
I.e. Daily Walking	Skipping several days, feeling more tense	Restart with a 5-minute walk the next day	Reduce duration during busy weeks

4. Which of my personal values guide these habits? Can focusing on what I value help me to stay more consistent?

How to Access Further Support in New Zealand:

- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)
- Contact your local GP
- Dial 111 for immediate support