

LISA G

**MODULE 2**

Build Unbreakable  
Habits To Be  
Undefeatable

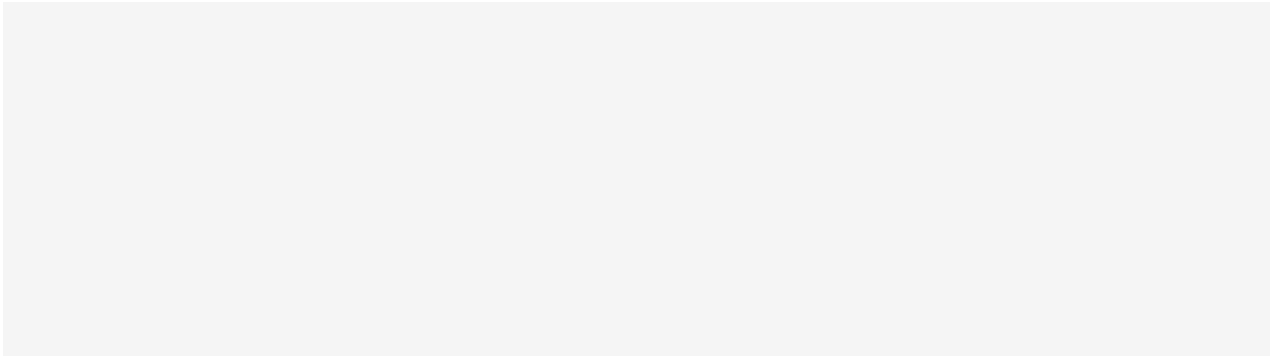
**WORKBOOK**

LISA G | HIGH-PERFORMANCE COACH

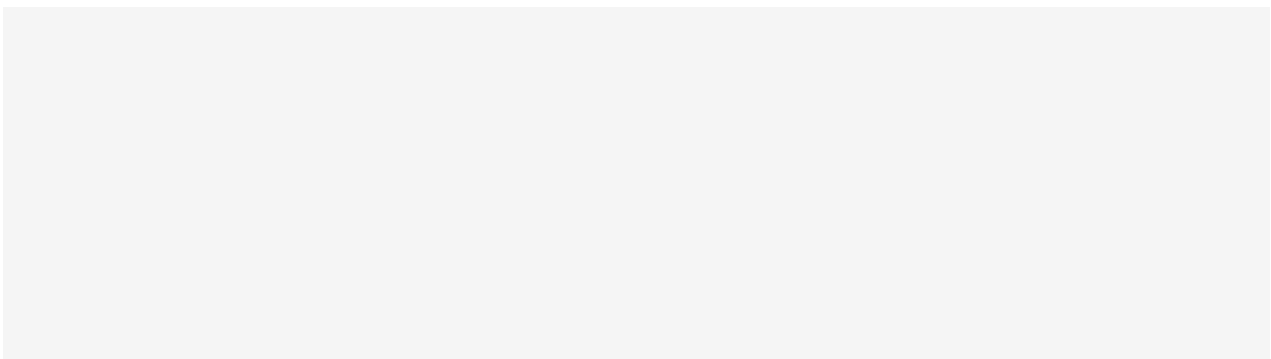
# MODULE 02

## Build Unbreakable Habits To Be Undefeatable

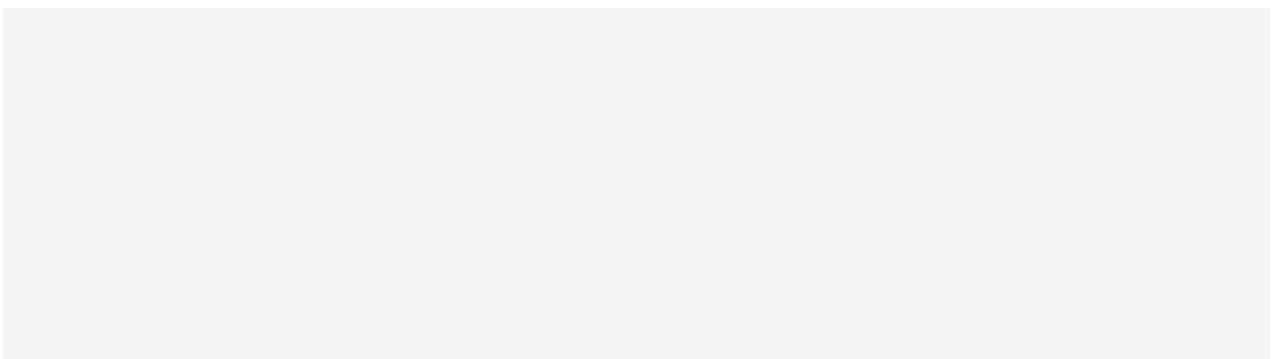
#1 - What are your daily habits?



#2 - Are those habits supporting your goals or holding you back?



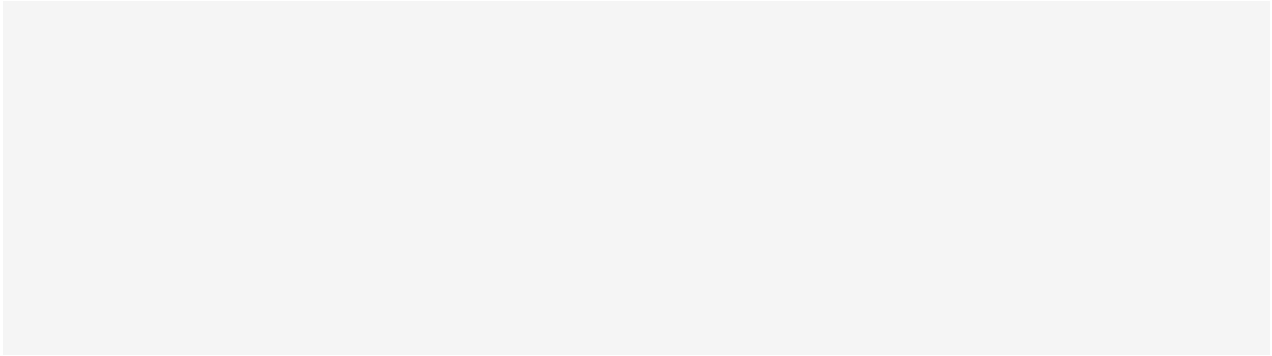
#3 - What habits do you want to start but haven't made the time for yet?



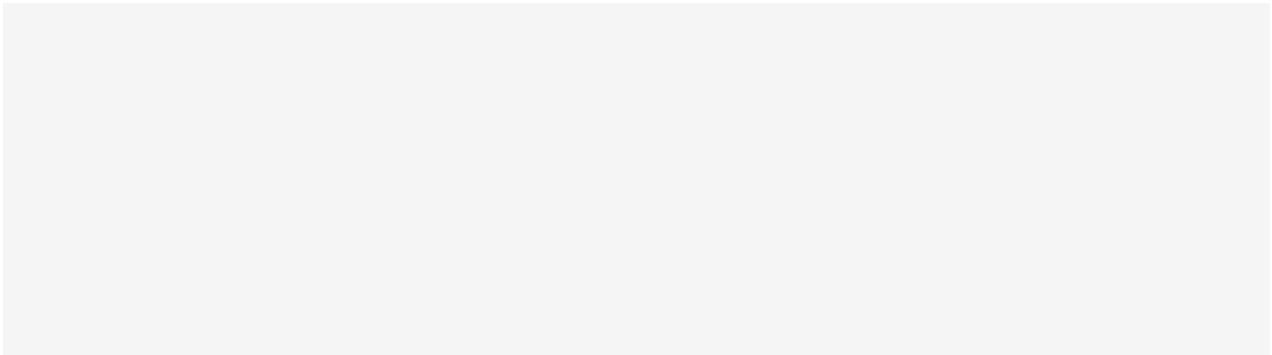
# MODULE 02

## Build Unbreakable Habits To Be Undefeatable

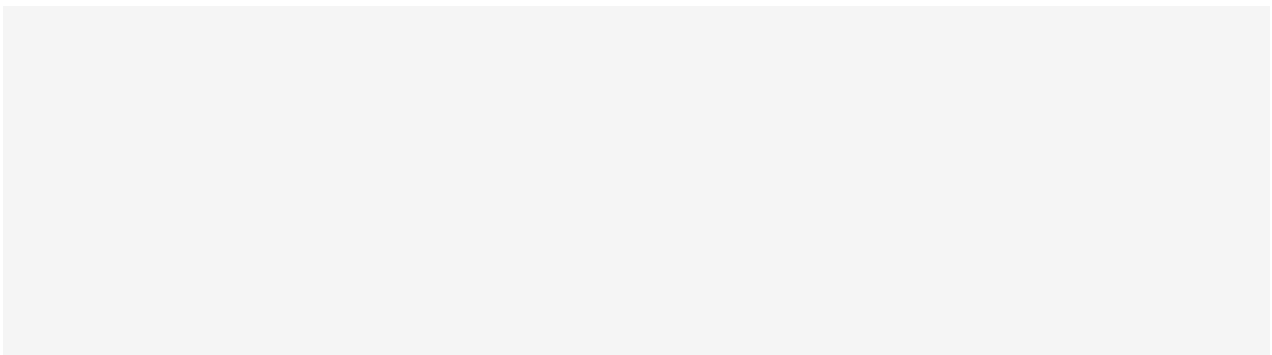
#4 - When was the last time you were crushing it in your health and lifestyle?



#5 - What habits did you have then and how can you implement those habits again?



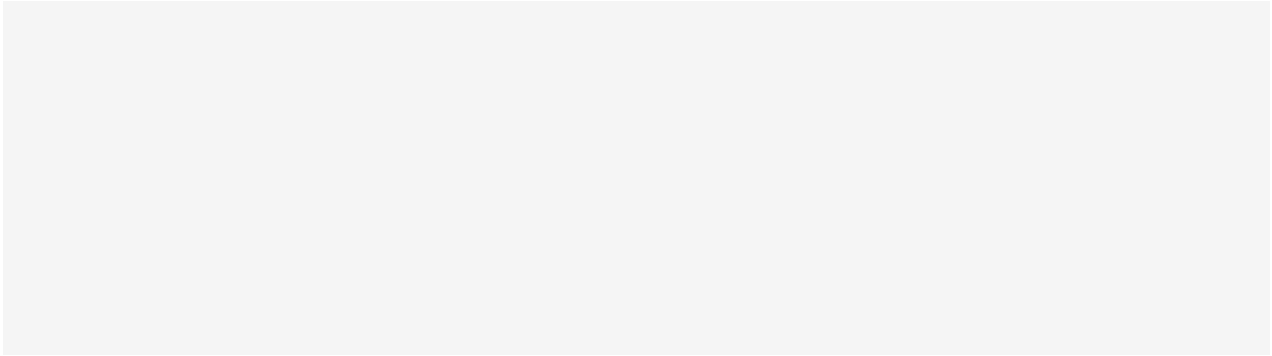
#6 - If you were to 10x your success, what habits would you have to start doing?



# MODULE 02

## Build Unbreakable Habits To Be Undefeatable

#7 - If you were to 10x your success, what habits would you have to stop doing?



# HABIT TRACKER

Week of:

HABIT

01

02

03

04

05

06

07

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09

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12

13

14

15

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<b>REFLECTION NOTES</b>