




KCB Recovery

Developing Positive Habits



As you traverse your journey to recovery, it is important to take care of your well-being. KCB is about giving you the tools, the knowledge, guidance and encouragement to free yourself from those negative habits that has crippled your personal growth.

You could be flying like a butterfly but circumstances have you stuck, hiding your true potential. Well, now is the time to equip yourself to take flight.

Once a habit is established, it gradually becomes integrated into your daily life. Evidently, this can be detrimental if the habit we formulate is negative. Drinking, smoking, using drug are just a few examples of negative habits. But what if we replace these negative habits with something more positive, like exercising, meditation, community service or eating healthy? Developing new positive habits will position you closer to achieving the physical, emotional and mental health you truly desire.

The most difficult part of a life of positive habits is not creating them but being consistent with them. Studies have shown that it normally takes 20- 60 days to develop a habit. The more positive habit you develop, the less likely the negative habits will have room to thrive.

The aim of this exercise is to identify your negative habits and replace them with positive habits. Inherently, there are countless positive habits we employ to improve our lives, but we will focus on a few now to avoid overwhelming your thoughts.

Once these negatives habits are unveiled, we substitute them for ones that are helpful to your continuous well-being.

Recommendations for Choosing A Habit

It is important to choose habits that are realistic and contribute to your overall goals.

Start – This is the easy part.

Repeat – Practice becomes perfect as the behavior becomes normalized.

Routine – Behavior becomes habitual once embedded in your mind.


The four areas of life that you develop positive habits for are Physical, Mental, Social, Spiritual.

Physical:

These are habits that focus on what you do with your body and your physical well-being.

This involves nutrition, exercise and rest. These are a list of positive physical behavior in relation to food intake:

- Drink Tea
- Create a nutritional meal for breakfast, lunch and dinner.
- Take vitamins
- Drink lots of water (8 glasses/day)
- Avoid too much sugary intake.



It is important to get your body and mind strong. These are a list of things that can be used to strengthen your body and mind:

- Go for run
- Take day or night walk
- Do exercises
- Alleviate tension in the body by stretching

Mental


These are habits that have to do with your psychological and emotional well-being. Consider activities that help cultivates your mental state:

- Expand your mind by learning something new.
- Watch your favorite show or movie
- Listen to the radio or podcast
- Read a book

Social

How you interact with others is pivotal to your cognitive development. From a child, how we socialize is integral to our values and belief system. Fostering a particular engagement can be key to your recovery:

- Creating an atmosphere that is conducive to a positive habit is of a paramount to your overall health
- Clean the house
- Light a scented candle
- Play some relaxing nuisance



Cultivate the relationship around you to facilitate the feeling of closeness:

- Call your friend or family
- Spend some time with a loved one
- Kiss your partner
- Tell someone you love them
- Have a night out with someone close

Spirituality

This area gets the least attention. Perhaps it's because we can't see it. We are so bogged down with our life we forget that most of our strength comes from within.

Find some time to:


- Meditate
- Focus on your breathing; Engage in deep inhalation and exhalation.
- Speak positivity to yourself and to your goals. Example, I am strong. I will overcome.
- Write what you're grateful for.
- Journal your small and big wins
- Pen all the things you plan on achieving

Task: Emphasis needs to be placed on how positive thinking are instrumental in empowering you. In this exercise, we will be putting that into practice in the tables below:

- 1) Think of a few negatives you experience in each category.
- 2) Write the reason why these occur.
- 3) Think of how these have affected you.
- 4) Write the positive habits that can be used to replace these negatives.


Physical

Negative Habits	The reason for the habit	How does it make you feel?	Positive habits to replace the negative habits
Procrastinate	Laziness. I can't be bothered to get up from where I sit and do anything	Stagnant. I'm feel stuck and unprogressive	Being more active and hardworking




Mental

Negative Habits	The reason for the habit	How does it make you feel?	Positive habits to replace the negative habits



Social

Negative Habits	The reason for the habit	How does it make you feel?	Positive habits to replace the negative habits



Spirituality

Negative Habits	The reason for the habit	How does it make you feel?	Positive habits to replace the negative habits





Reflection Questions

How has this exercise changed your perspective?

Did you learn anything from this exercise? If so, please specify.



Make 3 new commitment to yourself:

Do you need additional support and hand holding? Schedule a Call Session with a KCB Certified Recovery Coach to walk through your worksheet with you and the steps for your recovery.

[Click here to Schedule your Recovery Call today](#)