

# LAWRENCE FRANCIS

HARDWIRING A HEALTHIER LIFESTYLE

## Habits under pressure

Think back to the last time you experienced heightened stress. Identify a specific situation rather than a general stressful feeling.

What habits or tasks still got done despite your stress?

Which of these, if any, reduced your stress levels and made you feel better?

What habits or tasks did you struggle to get done?

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Which of your habits or tasks trip you up? That is to say you make mistakes or they seem to take longer than they should?

What are your biggest opportunities for change? What habits do you feel most confident about changing?

What are the biggest specific threats to change? What will get in the way of you making positive change?

## WHAT'S NEXT?

If you need any help or have any questions, book a 15 minute call here:  
<https://lawrencefrancis.youcanbook.me>

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