

THE UPSIDE TEACHING GUIDE

Your 2026 Habit Audit: Reflect, Refine, and Rebuild

Introduction:

Ready to take control of your habits and make 2026 your best year yet? This Habit Audit will help you reflect on what's working, identify what's not, and create a plan to build habits that align with your goals. Let's get intentional!

1. Reflect on Your Current Habits

- What habits are currently helping you move closer to your goals?
- [Example: Morning journaling, daily exercise, meal prepping]

What habits are holding you back or no longer serving you?

[Example: Scrolling social media before bed, skipping breakfast]

2. Identify Your Goals

- What are your top 3 goals for 2026?
- [Example: Write a book, improve fitness, grow your business]

Who do you need to become to achieve these goals?

[Example: A disciplined writer, a consistent gym-goer, a proactive entrepreneur]

3. Build New Habits

- What new habits will help you become that person?
- [Example: Write for 30 minutes every morning, meal prep on Sundays]

How can you make these habits easier to stick to?

[Example: Set up a dedicated writing space, prep gym clothes the night before]

4. Break Old Habits

- What habits do you need to let go of?
- [Example: Late-night snacking, procrastination]

What can you replace these habits with?

[Example: Replace snacking with herbal tea, replace procrastination with a 5-minute task]

5. Habit Stacking

What existing habits can you stack new habits onto?

[Example: While drinking coffee, write down 3 goals for the day.]

6. Track Your Progress

How will you track your progress and stay accountable?

[Example: Use a habit tracker app, check in weekly with a friend]

Remember, small, consistent changes lead to massive results!