ENCOURAGE EXERCISE #17
Creating Habits Triggers

Using the example below, write an *implementation intention* to help facilitate a specific professional development behavior you will practice to become more proficient at over time.

**Goal Intention Example**

- “To stay calm in anxiety producing situations”

**Habit Triggers Example**

- “If my heart starts to race, then I will begin using my breathing technique and focus on how relaxed I begin to feel”

**IMPLEMENTATION INTENTION:**

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