



THE FEEL GOOD LIFE
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The Feel Good Breakthrough Challenge

with Isabelle Tierney

DAY 5 WORKBOOK



@ourfeelgoodlife

Two Kinds of Habits

False Good Habits

False Good Habits take you to the Green Zone for a little while... but eventually, take you straight back to the Red Zone, often feeling worse than you started.

False Good Habits offer instant gratification, but over the long-term they deprive you of the true well-being you desire.

Beware of False Good Habits when you're in the Red Zone! They're extremely seductive... in fact, they often seem like a good idea. But remember, they never lead you anywhere good. Instead, they ravage you personally and interpersonally.

Stay away from False Good Habits. If you feel tempted to do one, use the 3 steps to help redirect yourself towards a Feel Good Habit.

Feel Good Habits

Feel Good Habits take you to the Green Zone sustainably. They tend to require a little more effort and planning, but they're well worth it.

Feel Good Habits nourish your physical, mental, and spiritual well-being. They are the key to living in Green Zone channels.

Practice Feel Good Habits often. The more you practice them, the better you'll feel!

False Good Habits

Below are some common False Good Habits that keep you stuck in Red Zone channels. Do your best to avoid them!



Smoke



Eat too much



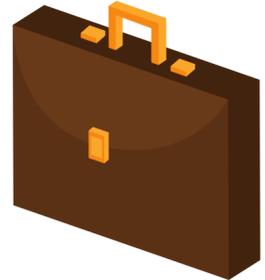
Drink too much



Use social media too much



Binge-watch TV



Work too much



Try to be "right"



Gamble



"Retail therapy"

Feel Good Habits

Below are some scientifically-proven Feel Good Habits that help you connect to the Green Zone. Keep this list on-hand so you always have a Feel Good Habit when you need it. This list is just the beginning... Get creative and add your own!



Get outside



See a friend



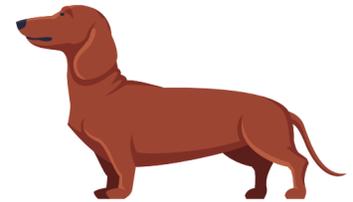
Work out



Volunteer in my community



Take a bath



Play with an animal



Listen to music



Cook a meal



Create art

My Day 5 Challenge

Challenge: Make a list of your Feel Good Habits and False Good Habits. Next to each False Good Habit, ask yourself what immediate benefit and what long term painful consequence it creates. Anytime during the day you feel triggered into the Red Zone, practice the 3 steps and carefully choose one of the Feel Good Habits from your list.

Share your experience in the [Facebook group](#)!

Super Challenge: Go LIVE in the [Facebook group](#) so we can really see and feel you as you share!