Habits Poll Questions

1. **Habit management**
    a. Do you find it difficult to change a habit? **Select one**
        i. Yes
        ii. No
        iii. Not so hard for work, harder for personal
        iv. I'm perfect, I don't need to change!

2. **Increasing awareness of a habit**
    a. How will you increase awareness of one of your habits? **Select your top choice**
        i. Say it out loud
        ii. Use a list to track it
        iii. Ask a friend to describe it
        iv. Other (add to Q&A)

3. **Habits and changing yourself**
    a. I commit to building **one** better habit! I will: **Select your top choice**
        i. Make it obvious (remove the cue for the bad habit and create visible cue for the good one)
        ii. Make it attractive (keep the same Cue and Reward, but change the Routine to something I like)
        iii. Make it easy (focus on a small change)
        iv. Make it satisfying (be sure there's an immediate reward for my new behavior)
        v. Other - Add to Q&A

4. **Habits and leading change**
    a. I can use the power of habit to better lead teams because: **Select all that apply**
        i. I can help them understand their own habits
        ii. I can use my habit knowledge to help them adapt to change more effectively
        iii. I can ask them to help me with my own habits
        iv. Other (Add to Q&A)