

## Target Practice Review

With the trickle-down effect, using all elements becomes natural by practicing **WWWH** any time you spend over \$100. Turning **WWWH** into a keystone habit has the power to automatically transform your other smaller spending habits.



### **WWWH: Why, Where, What and How?**

1. When did I remember the \$100 trigger? When did I forget? What can I do to help myself remember?
2. Did I uncover an old routine I was following? What is surprising about it? What did I already know? Or take time now to find an old routine.
3. Which part of **WWWH** is the easiest? Which part is the hardest?
4. Which element do I listen to the most? Which one do I listen to the least? How can I give them all an equal voice?
5. Is my reward motivating enough? Do I need to find a better one? Do I need more than one?
6. Did I only give myself the reward when I completed **WWWH**? Why or why not? How can I stick to the program?
7. Where else can I use **WWWH**?
8. Who can I help by explaining the **WWWH** plan to?

### *Answer these questions each week:*

Did using **WWWH** help me feel better about my decisions? Did my choices feel balanced and healthy? Why? Or why not?

On a scale of 1 to 5, with 5 being “I’m a pro,” how comfortable am I with **WWWH**?