

Behaviours - Private & Public

Behaviour Exploration

Private Behaviours: Daily Habit Tracker

Goal: Identify patterns in private behaviours **and reflect** on their alignment with personal values.

Instructions: Over the course of a week, **track your private behaviours and reflect on their impact**. Use the prompts below to guide your journaling.

1. List daily private behaviours

(e.g., journaling, procrastinating, binge-watching, self-care routines).

2. Each day, write:

- What behaviours did I engage in today?
- How often did I do them? (e.g., once, twice, frequently).
- Where was I when I engaged in this behaviour?
- How did it make me feel afterward?

3. Weekly Reflection:

- Which behaviours felt supportive or draining?
- Are these behaviours aligned with my values or goals?
- What small adjustments can I make to nurture helpful private behaviours?

Public Behaviours: The Interaction Log

Goal: Gain insight into how you present yourself in social settings and interactions.

Instructions: Track your social interactions over a week **and reflect** on patterns. Use the following prompts:

1. After each interaction, write:

- Who was I interacting with?
- What behaviours did I notice about myself (e.g., tone of voice, gestures, listening skills)?
- How did the other person respond?

2. Daily Reflection:

- Did I feel authentic in these interactions?
- How did these behaviours influence the outcome of the interaction?

3. End-of-Week Reflection:

- Are there patterns in how I present myself publicly?
- What changes could make these behaviours feel more authentic?