

PERSONAL TRIGGERS AREN'T ALL BAD.



Personal triggers, also known as personal cues or prompts, are specific actions, reminders, or signals that prompt individuals to engage in desired behaviors or habits. These triggers can be internal or external and serve as reminders and motivators to initiate certain actions or behaviors.

Personal triggers can take various forms, including visual cues, auditory cues, or even certain environmental conditions. They can be used in many aspects of life, such as work, health, relationships, and personal development. Here are some examples of personal triggers:

Personal Triggers:



VISUAL CUES - EXAMPLES:

Sticky notes with motivational quotes

[Thirty + Truths To Live With](#)

Affirmations are placed in visible areas

[1000 Affirmations for Women](#)

Posters or images that represent your goals and aspirations

Objects or symbols that remind you of a specific behavior or habit you want to cultivate.

AUDITORY CUES:



-EXAMPLES:

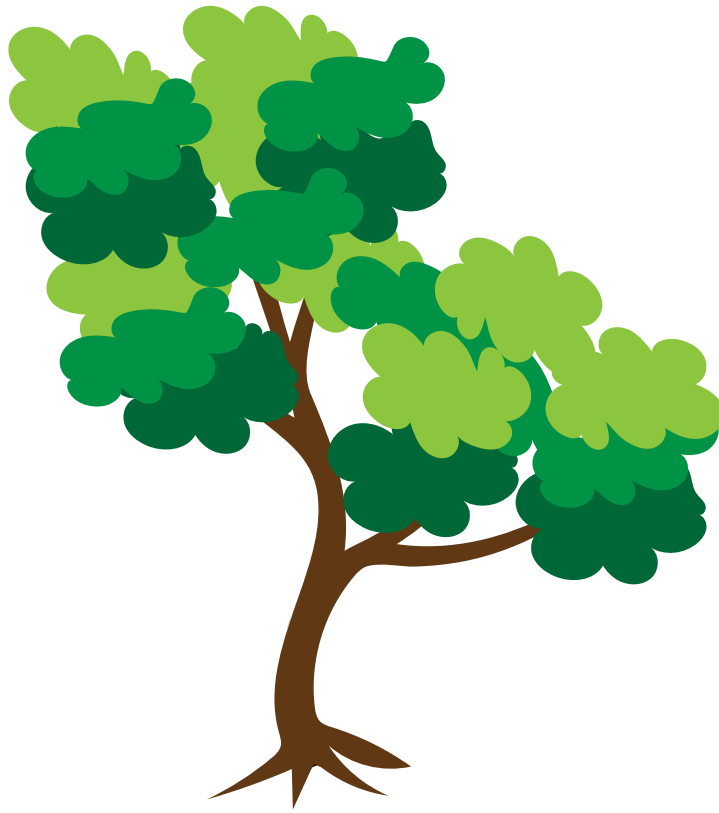
Setting alarms or reminders on your phone or computer to prompt certain actions.

Using specific songs or playlists to signal the start or completion of a task.

Recording voice memos or using voice assistants to provide verbal prompts or reminders.

ENVIRONMENTAL TRIGGERS:

- EXAMPLES:



Arrange your workspace or environment in a way that supports desired behaviors (e.g., keeping healthy snacks within reach).

Creating a designated area for a specific activity (e.g., a meditation corner or a reading nook).

Adjusting lighting or background noise to create a conducive environment for focus or relaxation.

TIME-BASED TRIGGERS:

- EXAMPLES:

- Associating specific actions or habits with a particular time of day (e.g., exercising in the morning or journaling before bed).
- Using a calendar or planner to schedule and visually represent your daily routines and

habits.

SOCIAL TRIGGERS:

-EXAMPLES:

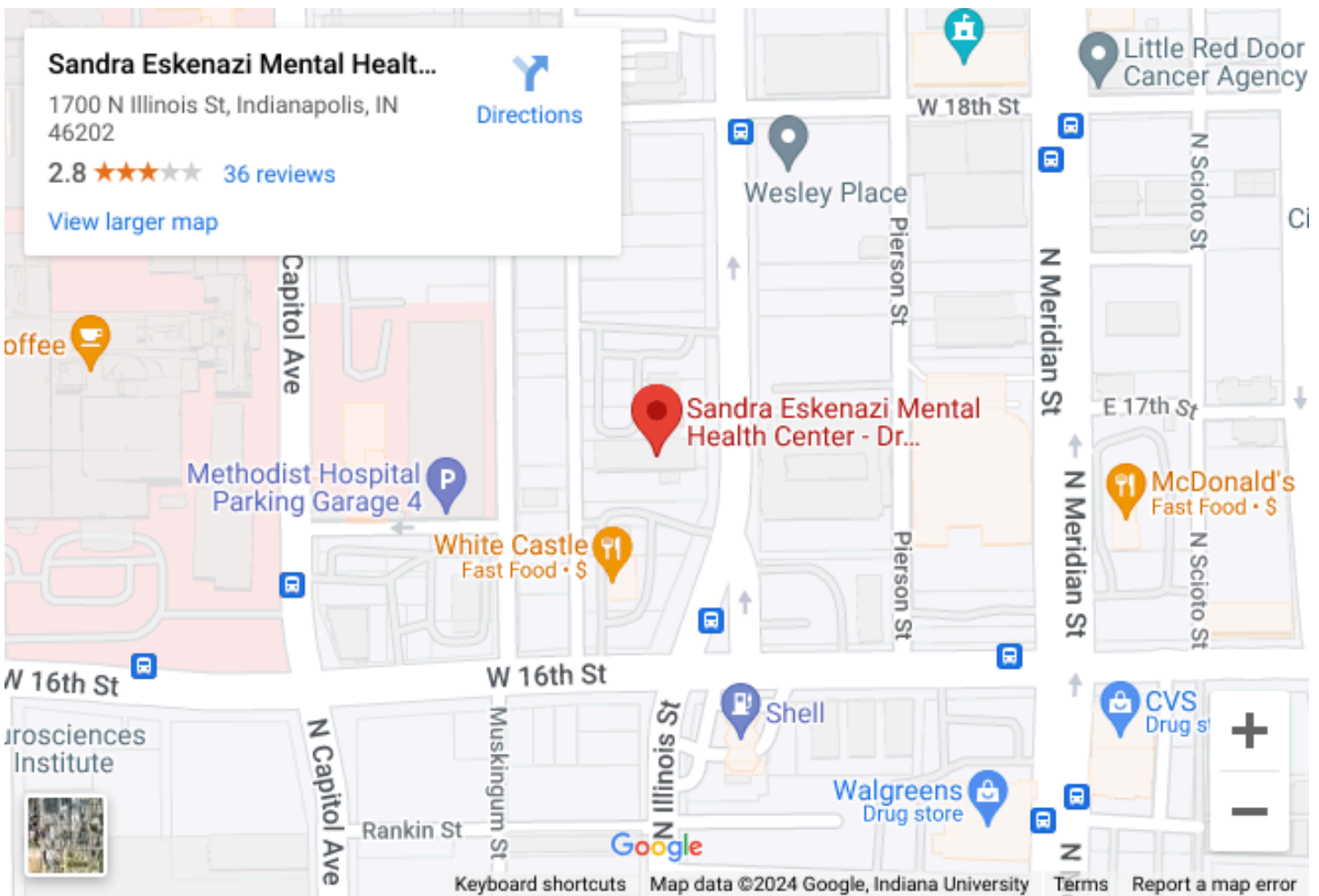
- Sharing your goals and intentions with a supportive friend or group, who can provide encouragement and accountability.
- Participating in group activities or classes that align with your desired behaviors (e.g., joining a fitness class or a book club).

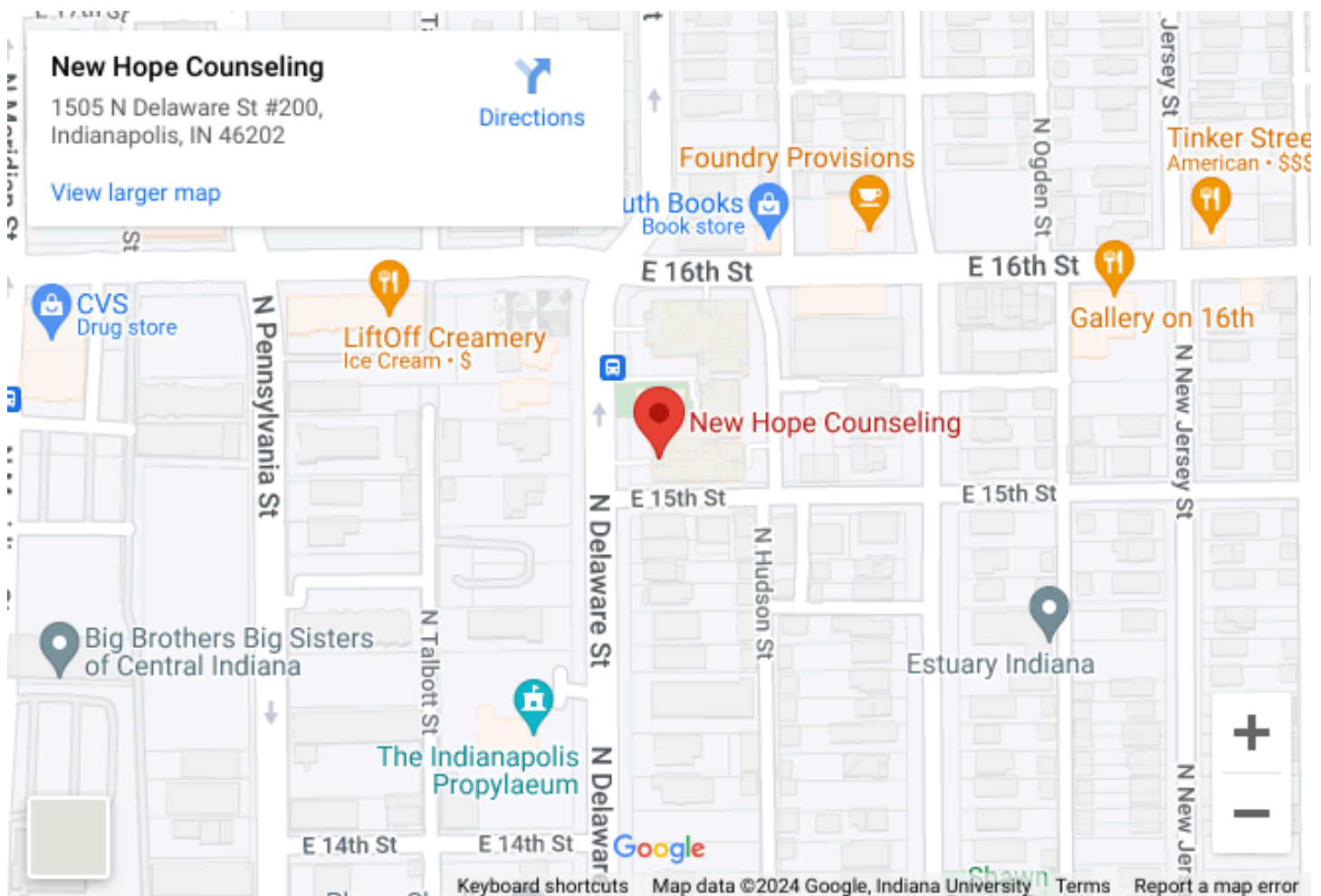
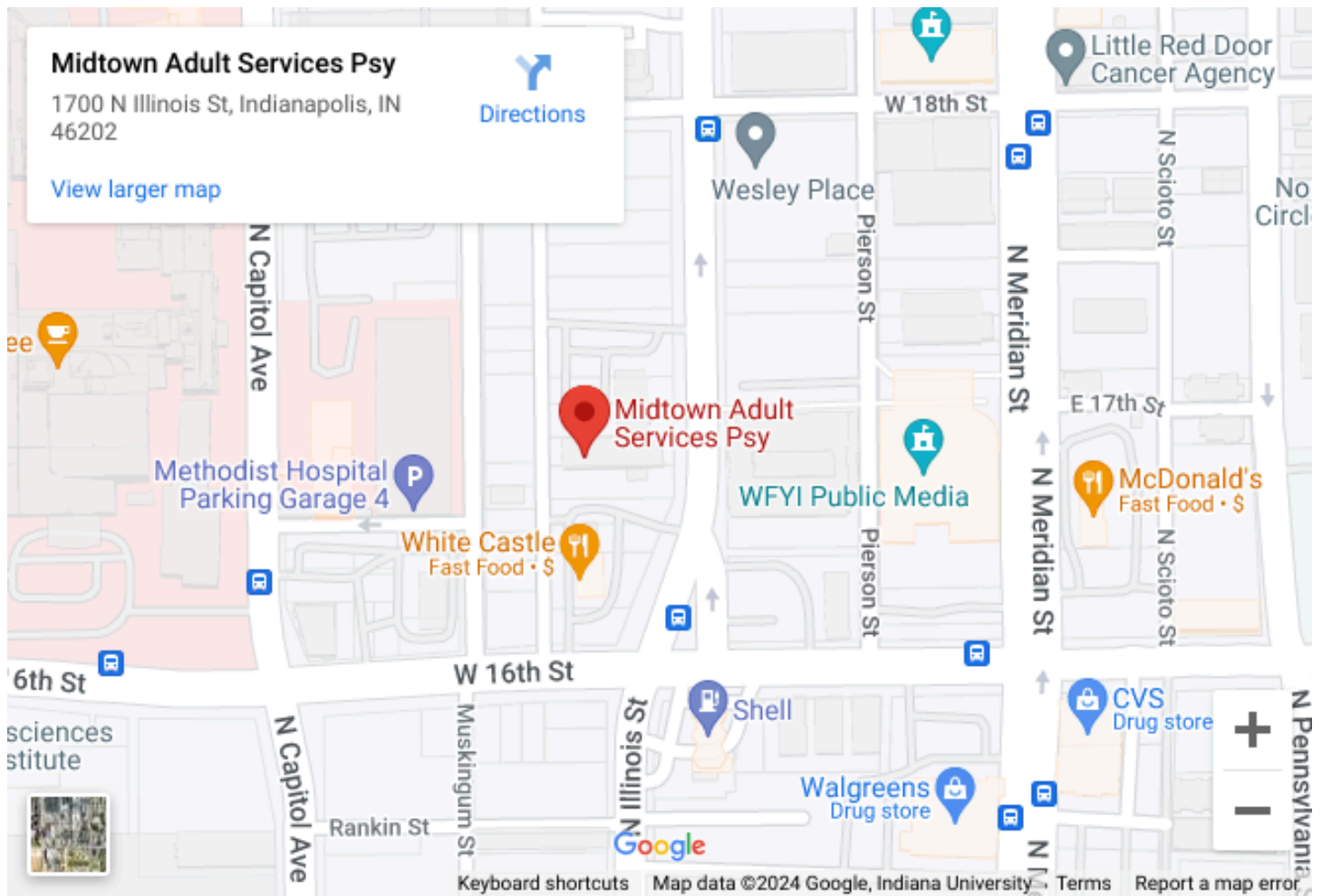
Personal triggers work by creating associations between the trigger and the desired behavior. Over time, these associations become stronger, making it easier to initiate the behavior without relying solely on willpower or motivation.

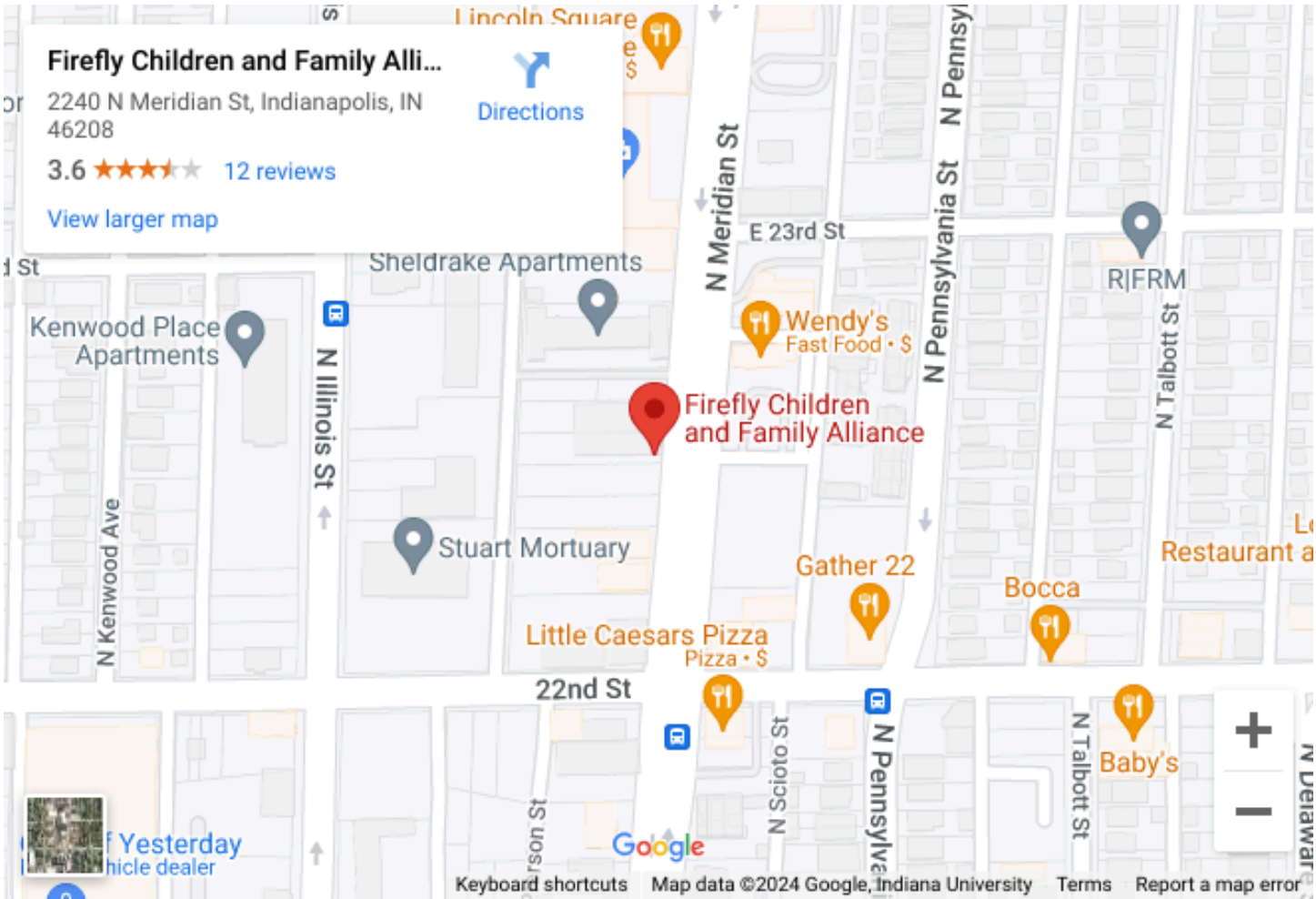
It's important to note that personal triggers are highly individual, and what works for one person may not work for another. Experiment with different types of triggers and strategies to find what resonates with you and aligns with your goals and preferences. By incorporating personal triggers into your daily life, you can create a supportive environment that nudges you toward your desired behaviors and helps you make positive changes.

Community Resources:









Firefly Children and Family Alli...

2240 N Meridian St, Indianapolis, IN 46208

[Directions](#)

3.6 12 reviews

[View larger map](#)

Kenwood Place Apartments

Sheldrake Apartments

Stuart Mortuary

Wendy's Fast Food · \$

Firefly Children and Family Alliance

Gather 22

Little Caesars Pizza · \$

Bocca

22nd St

Baby's



Yesterday vehicle dealer

Google