

# Permaculture Relationships

## Phase 4 - Pattern Understanding

### Method #1 Identify Habits

1. Set an alarm or timer for every 73 minutes. Write down what you are doing when it rings:


2. Review your day backwards before bed, take note of any unconscious activities

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3. Ask your loved ones to let you know what your unconscious habits are.

# Method #2 – Self Regulation

Identify the top 5 best habits you have:

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Identify the top 5 most detrimental habits you have:

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Identify your partners top 5 best habits:

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Identify your partners top 5 most detrimental habits:

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Choose 1 each, and agree to focus on cutting them out for 30 days

My Habit

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Their Habit

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