

Name: _____

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Keystone Behaviors

Your Top 2

1. The first step of *Your Top 2* is to read through the list of keystone behaviors.

The Top 5 Keystone Behaviors

We tend to have five top-level behaviors which we can add to our lives, if they are not already present, which can create truly dramatic results. To review examples of Keystone Behaviors visit www.gutsensei.com/keystonebehaviors































2. Next, choose two of them that you'd like to implement based on which ones resonate best with you. Modify them if you wish.

Consider your current lifestyle to understand which behaviors are lacking the most. Once you have identified *Your Top 2* you would like to implement, it is time to commit to the recommended timeline in order to fully vet how much impact your chosen behaviors may have on your life.

3. If you take the time to understand the behaviors which are the most important for helping you feel healthy and vibrant, the long term effect on your life is unimaginable. These simple behaviors are things you can do from the comfort of your own home, so why are you waiting? Today is the best time to start making a difference in tomorrow!

4. Score your markers as a before the program baseline.

Score your markers before implementing *Your Top 2*. Circle the face that best describes each marker.

Sleep Quality						
Energy						
Mood						
Pain _____						
Other _____						



5. Implement *Your Top 2* behaviors.

Keystone Behavior 1: _____ Keystone Behavior 2: _____

Have fun! Don't give up. These simple changes can produce massive effects. Let's see what happens.

6. Re-score your markers.

Your Top 2						
Keystone 1:			Keystone 2:			
Sleep Quality						
Energy						
Mood						
Pain						
Other _____						



7. You can repeat *Your Top 2* with the same behaviors, totally new behaviors, or one new and one tested behavior.

Most people test a couple different combinations before they've determined what works best for them.

Please use another copy of this sheet to test other keystone behaviors combinations to find what works best for you.

Remember to continue to monitor your long term changes with the Kata Tracking Sheet. If you don't have it yet, [click here to download.](#)