CHANGE YOUR HABITS, CHANGE YOUR LIFE

PROGRAM
WELCOME

Thank you so much for taking action to create your life. As we all know, when you aren’t living your life the way you want to, it affects all aspects of life. It’s harder to get out of bed in the morning, you can’t get yourself to do the things you “should” do, and it’s hard to be there for your family and loved ones when you’re constantly run down.

Take control of your life with our habits and behaviors webinar. Through the next six weeks, we’ll explore why we do what we do and create a vision and action items that will move you toward the outcome that is important to you. This is what this program is designed to do, to change your life so that each and every day you get to live life on your terms!

As we all know, an amazing life can’t be created in 30 minutes, once a week, so there is work to be done between sessions. Your Coach will guide you through the process. Along with the support of the challenges on the website, a workbook to fill out during and in-between sessions and other fun activities to do, your success is ensured!

Come prepared to play all out!

WEEK 1 ................................................. 3
WEEK 2 ................................................. 5
WEEK 3 ................................................. 7
WEEK 4 ................................................. 9
WEEK 5 ................................................. 11
WEEK 6 ................................................. 13
GET YOUR MIND RIGHT

WHERE DO I START?
» What is the truth?
» How do you rationalize how things currently are?
» What are my reasons for making change happen?

GET RID OF EXCUSES
Excuses and stories are the only things holding you back What or who are you blaming? What stories are you telling yourself?

IDENTIFY WHAT YOU REALLY WANT TO CREATE
How do you want these six weeks to go?

THIS IS THE TIME TO:
» Choose
» Commit
» Create

KNOW WHAT YOU WANT
PRACTICE AREAS:
» Identify what you want in your life.
» Get rid of excuses. Write down your old excuses and see them for what they are. Now cross them out!
» Tell three people you’re changing your life.

JOURNAL WEEK 1
First, why is this time going to be different? Get disturbed by how things currently are. Second, what do you choose instead? What is it you really want?

Who can you tell about your new changes?
KNOW WHAT YOU WANT

WHAT HAS GONE WELL:
1. 
2. 
3. 

In order to create movement, we have to know where we are going. You can't get to Palm Springs from Seattle if you don't know where Palm Springs is located. You also have to know what it looks like to know you MADE IT.

CREATE A S.M.A.R.T. GOAL

S 
M 
A 
R 
T 

Likely, this isn’t the first time you’ve set out to change your life. Why is this time different?

Think of five reasons why this is important to you. Why will this time be different?
1. 
2. 
3. 
4. 
5. 

Good news - there isn’t ONE right way, there are LOTS of right ways - you just have to create yours!

How can you create a supportive environment? What are three things you can do?
1. 
2. 
3. 

TWO THINGS I WILL DO THIS WEEK:
1. 
2. 
**PRACTICE AREAS:**

» Post your S.M.A.R.T. Goal and reasons why this is important in 3 places so you're constantly reminded.

» Someone else has done this before you - find that person and use them! Maybe it's an acquaintance, a co-worker, or a friend.

**JOURNAL WEEK 2**

Take your reasons WHY and create a compelling vision of what you want. What does it look or feel like, who shows up, how does your life change, who does it affect? Consider how it affects each of these categories: emotional, physical, mental, relationships, career, and financial.

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KEEP IT SIMPLE

WHAT HAS GONE WELL:
1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________

BE COURAGEOUS: The more you flex your muscle of choice in the face of fear, the EASIER it gets. What are you putting off out of fear?
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________________________________________________________
________________________________________________________

TINY HABITS: Start small - floss one tooth. What is one tiny habit you can start? (B.J. Fogg)
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________________________________________________________
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THINK 1% BETTER - What is 1% over the course of a year? Not 365% - much greater than that. Pick a context: diet/ exercise. What is 1% change for you in that context?_____
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CREATE TINY SHIFTS - That path that diverged in the woods? The right choice is a tiny shift down the right path. Where can you make a small shift?
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JOURNALING OPPORTUNITY

Envision your future with a 1%, Tiny Habit, and/or Tiny Shift change. What can you see happening?

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Re-evaluate weekly and continue to set attainable, actionable goals.

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BEHAVIORS AND HABITS

WHAT HAS GONE WELL:

1. _____________________________________________
2. _____________________________________________
3. _____________________________________________

40% of what we do, on any given day - is simply a HABIT. This means that we don’t consciously choose 40% of the actions that happen in our day. What we MUST do, is make sure that those 40% are the most powerful actions we can possibly DO.

YOU CAN’T EXTINGUISH A BAD HABIT, YOU CAN ONLY CHANGE IT.

HOW IT WORKS: USE THE SAME CUE. PROVIDE THE SAME REWARD. CHANGE THE ROUTINE.

CHANGING A HABIT

Step 1: Identify a habit you would like to change.

___________________________________________

Step 2: What are you getting out of it?

___________________________________________

Step 3: Isolate the trigger—what prompts the behavior?

» Where are you? _____________________________
» What time is it? _____________________________
» What’s your emotional state? _____________________________
» Who else is around? _____________________________
» What action preceded the urge? _____________________________
What are three things I can do instead?
1. __________________________________________
2. __________________________________________
3. __________________________________________

TWO THINGS I WILL DO THIS WEEK:
1. __________________________________________
2. __________________________________________

PRACTICE AREAS:
» Identify a habit you would like to change.
» Follow the steps to do so; make sure to come up with three alternative actions!

JOURNAL WEEK 4

Identify three behaviors that you do that you weren’t consciously aware of. How have these affected your life? Would you like to change any of these? Follow the steps outlined previously to do so.

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PAIN AND PLEASURE
WHY WE DO WHAT WE DO

WHAT HAS GONE WELL:
1. ______________________________________
2. ______________________________________
3. ______________________________________

PAIN VS. PLEASURE
The pleasure principle is founded on the base of hedonism, the idea that life is to be lived to the fullest and pleasure is innate sought as a primary goal. Conversely, the pain principle states that human beings innately seek to avoid pain.

USE PAIN AND PLEASURE TO WORK FOR YOU

MOST PEOPLE WAIT TO HIT ROCK BOTTOM = PAIN
» We will do far more to avoid pain than we will to gain pleasure
» This makes change an IMMEDIATE MUST
» Works, but it’s painful
» Not sustainable - pushed from behind (“STICK”)

COME UP WITH A COMPELLING VISION = PLEASURE
» Why is what you want important to you?
» Think of the end game
» What is it that REALLY makes you happy?
» Pulled from the future (“CARROT”)

Step 1: Identify a dis-empowering association

Step 2: Use your focus

Step 3: Change your thinking

Step 4: Change your action

PRACTICE, PRACTICE, PRACTICE!
Our brain LOVES to be rewarded – give yourself the credit you deserve!
WEEK 5

TWO THINGS I WILL DO THIS WEEK:

1. ____________________________
2. ____________________________

PRACTICE AREAS:
List ten reasons why it is important to change your dis-empowering association:

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________
6. ____________________________
7. ____________________________
8. ____________________________
9. ____________________________
10. ____________________________

List five ways you can get out of your unhealthy association:

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________

JOURNAL WEEK 5

How can I use pain and pleasure to move toward my goal?

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CELEBRATE SUCCESS AND BUILD MOMENTUM

What Has Gone Well:
1. 
2. 
3. 

PERSISTENCE PAYS OFF

FOCUS is your number one goal. Whatever you focus on - you will achieve. Your mind and body will not allow for anything otherwise. When you FOCUS on something, you will come up with solutions; human beings are the most resourceful creatures on Earth. PERSISTENT FOCUS on a daily basis will get you your results.

What have you been focusing on lately? What is your life like because of it?

________________________________________

DANCE WITH FEAR

Get excited to feel fear, embrace it, dance with it. Fear is how you know you’re growing. When you can begin to identify your fear and use it to DRIVE you rather than STOP you, you’ve accomplished one of the greatest feats of mankind. Think of a time when you were SO EXCITED or PUMPED UP for something that you were nearly out of your mind! Now think of a time when you were SO SCARED you almost made yourself sick. What’s the difference?

Physiologically - EXCITEMENT and FEAR are almost the same thing. Make the Choice. How will you handle fear?

________________________________________

CELEBRATE FAILURE!

Once you can train your mind to embrace failure and see it as an education, you take your power back. Learn from your failures. The past does not equal the future, unless you live there.
FAILURE = EDUCATION
Think of one area in your life that feels like you failed. What if you were able to change the meaning? What if you could reframe it and see what lesson there was to learn?

CELEBRATE SUCCESS!
Pat yourself on the back, you’ve come a long way. Seriously, lean forward and pat yourself on the back. How does it make you feel? Notice that feeling of being rewarded. Your body and brain like it. Success is built upon success. Notice and celebrate your successes to create more. If things haven’t gone the way you’d like them to, what needs to change?

TWO THINGS I WILL DO THIS WEEK:
1. 
2. 

PRACTICE AREAS:
» What have you been focusing on lately? What is your life like because of it?
» What have you “failed” at? What did you learn from your experience?
» What are you afraid of? How can you use fear to move you?
» Acknowledge yourself!

JOURNAL WEEK 6
Reflect back on the last 6 weeks and acknowledge yourself for all the movement you’ve created. This is you, living your life, intentionally. Take pride in the accomplishments you’ve made. Note what is different about your life now. What has changed in the last two months and how does it shows up differently.
Congratulations! You completed the full six week program. Thank you so much for making your life a priority and for sticking with it. You’ve already taken more action than most people - just finishing a six week program is no small feat. Acknowledge yourself for all that you’ve accomplished!

Remember, persistence pays off! The road doesn’t stop here, its only just begun. Use the tools you’ve learned during these six weeks to continue your success in all aspects of life. Keep up the amazing work that you’ve started, think of the momentum you’ve built up and use it to ignite your life and bring fire to your world!