CHANGE YOUR HABITS

HOW PEOPLE CHANGE
Defining What You Want
INTERRUPTING PATTERNS
Being Choice-ful
CREATING MOMENTUM
Transformative Habit Change
The goal of Change Your Habits is to facilitate long-lasting habit change. This program will empower you to confidently create the changes you are wanting and make decisions about your life. Over the next six weeks you will receive insights and support so you can create new thinking and forward movement toward your goals.

Change is never easy. In fact, even when we are changing for the better, creating that change often is painful. It means getting outside your comfort zone, being honest with yourself, knowing your strengths and weaknesses and learning from failures. That is exactly what we intend to do, because change is worth it! And if you stick with it long enough, the discomfort of pain will pass; you’ll be satisfied and empowered to create the life you want for yourself.

Remember, your experiences are different from everyone else’s — and the most valuable information you gain may come from the work you put into this program.

Please be sure to bring your program workbook to each session and track your progress as you go. These activities are designed to enhance your success. The more you engage, the better your results will be!

**PROGRAM REQUIREMENTS:**

» Complete all six weekly webinars via live sessions or recordings.
» Complete the survey sent out after each webinar.

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WEEK 1: HOW PEOPLE CHANGE

THIS WEEK’S TOPICS:
- Discover
- Your Vision
- Ignite

DISCOVER

How do you cultivate self-awareness? ________________

Knowledge of yourself, your health and your well-being arms you with the information necessary to lead the best life you can imagine for yourself.

Opportunities for self-discovery:

What information were you given that sparked the desire for change? _______________________________

What discovery led you to join this webinar? ______

How can self-awareness benefit you? ________________

YOUR VISION

When you think about your life, what would you like to change?

____________________________

____________________________

Visualization practice:

Imagine yourself in the future, after you have successfully created the change you are wanting. Use as many of your senses as possible to build this vision. Don’t hold back — visualize as many details as you can to complete the picture.

What are you doing? ______________________________

Who are you with? ______________________________

What are you wearing? ____________________________

How do you feel? ________________________________

What is different about your life now? ______________

What stands out as important to you about your vision? ___

How can you apply this moving forward? ______________

Human Performance Programs | Change Your Habits
Think about the journey that lies ahead of you. Is anything becoming more clear?

**Think of life as a road trip:**

» What resources or tools will you need? This can be people, funds, even just the right mindset!

» What is your mode of transportation? These are the actions you will take to get there.

» What roadblocks might you encounter? Think of obstacles that tend to come up for you.

If you are driving from New York to San Francisco, and you get a flat tire in Iowa — does it make sense to give up, stop there and turn back? Or does it make more sense to fix the flat and keep heading west?

Being able to anticipate your challenges will help you navigate them smoothly and get back on the road!

**WEEK 1: HOW PEOPLE CHANGE**

What will be different in your life when you are able to make a change? __________________________

**When you ignite, you create a personal connection to your change.**

What will be different for you and your life when you succeed? __________________________

What value will be added to your life when you are able to change? __________________________

How will you be better? __________________________

How is this change essential to you? __________________________

Consider what you value most in life. How would you benefit from realizing your vision? __________________________
WEEK 1: PRACTICE STEPS

» Implement a self-discovery practice this week.
» Continue to build your vision: Use the visualization exercise three times this week.
» Post your goal in three different places to trigger action.

IGNITING ACTION

Draw out your Roadmap to Success. This can be in a journal or as a vision board — whatever engages you and gets you excited about moving forward. Include anything that represents why this change is important to you and what value it will bring to your life.
WEEK 2: DEFINING WHAT YOU WANT

DEFINING THE GAP

What comes up for you when you think about making a change in your life?

The “gap” is the space between what you are wanting for yourself and where you are currently standing.

Acknowledge the gap that stands between you and the change you desire.

What is getting in the way?

What story or excuse do you tell yourself?

What do you still need?

Consider what it is that you are wanting for yourself. What is the gap that is holding you back?
WEEK 2: DEFINING WHAT YOU WANT

AN ESTIMATED ___% OF OUR DAILY ACTIONS ARE HABITUAL AND UNCONSCIOUS.

GETTING REAL

What is your go-to excuse when things get hard? __________

Your story is your choice. Getting real is an opportunity for you to continue the process of discovery and identify any stories, excuses or limiting beliefs that are holding you back.

“Safe problems” are the surface-level issues we focus on when there is a deeper issue we do not want to address. These kinds of barriers keep you in your comfort zone.

What self-defeating thoughts, beliefs or excuses do you tell yourself? __________________________________________________________________________

Do you have any “safe problems” that are masking a deeper issue? __________________________________________________________________________

What is the real issue that needs to be addressed? __________________________________________________________________________

How can getting real help you create forward movement toward your goal? __________________________________________________________________________

CHOOSE, COMMIT, CREATE

What gets in your way when trying to create change?

We have the ability to change and help our brain adapt with our behaviors.

Choose to change. Commit to the changes you are making. Create forward movement.

WEEK 2: DEFINING WHAT YOU WANT

WHAT WILL IT MEAN FOR YOU TO CHOOSE, COMMIT TO AND CREATE YOUR CHANGE?

AN ESTIMATED ___% OF OUR DAILY ACTIONS ARE HABITUAL AND UNCONSCIOUS.
**Practice**

What do you make time for every day? ____________________________

It takes hard work and dedication to create positive outcomes in life. In order to achieve the changes that you are wanting, you must be ready to do the work it takes. You don’t need to make strides every day, but by keeping your goal within your awareness, you set yourself up for success.

Constantly trying to control your impulses is reactionary. In order to make change you need to be _____________________.

Research shows that when you commit to making micro behavior changes, you are more likely to successfully make meaningful long-term habit change.

Each of our habits, good or bad, has a trigger — or something that prompts that action to take place. You will want to use triggers to kick-start any new behavior you are wanting to create.

Focus on your habits: What positive behaviors can you create in your life right now? ____________________________

Can your new behavior be tied to a trigger? ____________________________

**Week 2: Practice Steps**

» Commit to one small daily action or behavior that will support your change. Tie your behavior to an existing trigger or create a new one.

» Write down any excuses, limiting beliefs or “safe problems” that are holding you back. See them for what they are and write down the truth that will help you move forward.

» Create awareness around your current habits and assess what percentage of your daily decisions are unconscious/habitual. Start to identify what triggers your habits.

**Igniting Action**

Journal about what it will mean to you to choose, commit and create change! What fears or habits might get in your way? How can you turn them into opportunities?

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WEEK 3: INTERRUPTING PATTERNS

INTERRUPT THE PATTERN

How do you use your attention throughout the day? ________________________________
____________________________________________________________________________
____________________________________________________________________________

The ability to form habits is a function in our brain that helps us to be more efficient and frees up our attention to focus on more challenging tasks. By using the power of your attention, you can interrupt your normal patterns and create a new way of doing things.

Each of our habits has a trigger or a context in which they take place. Sometimes, simply identifying the context can open up an opportunity to change.

What current habits or routines do you have that will affect your ability to create change? ________________________________
____________________________________________________________________________

Does this routine move you closer to your goals, or further away? ________________
____________________________________________________________________________

What is one pattern or routine that is preventing you from moving forward? _____
____________________________________________________________________________

In what context does this routine occur? ________________________________
____________________________________________________________________________

How can you bring more awareness into this part of your life? ________________
____________________________________________________________________________

CELEBRATE YOUR WINS

What has been working for you this week? What wins did you have? ________
____________________________________________________________________________

INTERRUPTING PATTERNS

This week’s topics:
• Celebrate Your Wins
• Interrupt the Pattern
• Befriending Fear
• Self-Talk
• Checkpoint

WEEK 3: INTERRUPTING PATTERNS

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____________________________________________________________________________

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____________________________________________________________________________

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____________________________________________________________________________
BEFRIENDING FEAR

When was the last time you overcame your fear? __________

Think about the change you are wanting:
What are you afraid of? _________________________________________________________________________
What is the perceived danger? _______________________________________________________________________
What is the worst that could happen? _______________________________________________________________________
How can you reframe your fears? _________________________________________________________________________
What would be possible if you viewed your fear as excitement? _________________________________________________________________________

SELF—TALK

What do you say to yourself when you think about change? _________________________________________________________________________
Write down some of your self-talk — anything you say to yourself when things are difficult. Then, next to any negative statements, write a positive counter-statement.
What comes up for you when you read the negative statements to yourself? _________________________________________________________________________
What is different when you read the positive statements? _________________________________________________________________________

CHECKPOINT

What practice steps and micro changes are working well for you? _________________________________________________________________________
What isn’t working? _________________________________________________________________________
What will bring you into closer alignment with what you are wanting — your vision? _________________________________________________________________________
WEEK 3: PRACTICE STEPS

» Create a small change in a routine or habit in your life. Use the power of your attention to interrupt your pattern and bring consciousness into your behaviors and their context. Any change opens up the door to new thinking!

» Practice replacing any negative self-talk this week with a more positive statement! Practice this in action throughout the day. Write down positive self-talk statements to read when things get hard.

» Add checkpoints into your Roadmap for Success — they can be once a week or once a day, whatever you need to stay on track!

IGNITING ACTION

Discover what your fears are around change. Journal what comes up for you and create space around your fears. See them for what they are and consider how you can reframe them into something that excites and ignites you!
WEEK 4: BEING CHOICE-FUL

THIS WEEK’S TOPICS:
» Pleasure vs. Pain
» Forecasting Exercise
» Choice-ful Action
» Support Systems

CELEBRATE YOUR WINS
How did you create opportunities for yourself this week? What went well for you?

PLEASURE VS. PAIN
Describe your relationship with pleasure and pain. _______
__________________________
__________________________
The pleasure principle was introduced by Freud in 1920. It states that humans have a natural drive toward pleasure and to avoid pain.

Think of a time in your life where you have sought out immediate pleasure only to later feel pain, remorse or regret.

Think of a time in your life where you endured temporary discomfort that led to a pleasurable experience in the end.

What stands out to you after learning about the pleasure principle? __________________________
__________________________
__________________________
WEEK 4: BEING CHOICE–FUL

CHOICE–FUL ACTION

How do you choose your actions throughout the day? 

The truth is, you are in control of and responsible for every single choice that you make.

What are some ways you can bring yourself into the present moment with a trigger or reminder? 

How can you create choice–ful action in your daily life? 

SUPPORT SYSTEMS

Who or what is supporting you as you create change? 

Reflecting on your current relationships, can you call on anyone for support and accountability? 

Reflecting on your current environment, what can you change to support the outcome you’re wanting? 

How could a supportive environment enable you to create change?

EVERY ACTION AND BEHAVIOR IS A CHOICE.
WEEK 4: PRACTICE STEPS

» Create awareness around your behaviors and choices this week — use a trigger or reminder to help you identify a time where you can use pleasure and pain, and choiceful action, to make a decision that supports your vision.

» Reach out to someone in your life you can rely on for support.

» Assess your current environment and make any changes that will be more supportive of your goals.

IGNITING ACTION

Journal about what came up for you during the forecasting exercise. What can you learn about your motivation and what is important to you based on this visualization?

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WEEK 5: CREATING MOMENTUM

CELEBRATING SUCCESS

How have you been celebrating your successes the past five weeks? ____________________________________________________________________________
______________________________________________________________________________________
If you haven’t been celebrating your wins, why not? ______
______________________________________________________________________________________

Optimism is not a trait, but a learned behavior. Even if you tend to dwell on the negative or consider yourself a pessimist, you can change your behavior to support a more optimistic style of living. Positivity is like a muscle — the more often you use it, the stronger it becomes!

Pick one to three micro habits/small wins you can take action on to make today great.

Reflect on at least three things that went well yesterday.

How can focusing on the positive change your mindset and increase your success? __________________________________________________________________________
______________________________________________________________________________________

CELEBRATE YOUR WINS

How were you able to use awareness this past week to support your vision? What wins did you have?

WEEK 5: CREATING MOMENTUM

THIS WEEK’S TOPICS:

» Celebrating Success
» Learning from Failure
» Creating Momentum
» What do you still need?
EMBRACING FAILURE

What is your relationship with failure? ____________________________________________

Think of a major change you have made in your life. Did it happen easily, without disruption? ____________________________________________

Think about a time recently where you felt you had failed. What can you learn from that moment that will lead to future success? ____________________________________________

If you are continuously failing at your goals, it is time for a checkpoint:
Are these goals in alignment with what you are wanting for yourself? __________
What value are they creating in your life? ____________________________________________
How can you reframe failure in your life? What goals do you need to reassess? __

CREATING MOMENTUM

What keeps you going? ____________________________________________
What are some ways to create momentum? ____________________________________________
How can you create momentum toward the change you are wanting? ____________________________________________
What Do You Still Need?
What are you wanting for yourself? ____________________________________________
What is most important to you right now?
Considering what is most important to you, do you need to adjust your roadmap to better align with what you are wanting? ____________________________________________
Reflecting on all you have accomplished up until this point, what do you still need? ____________________________________________
Is there anything missing for you or getting in the way of creating change? ____________________________________________
Based on your answers to the questions above, what is one thing you can commit to this week? ____________________________________________
WEEK 5: PRACTICE STEPS

» Practice positivity every day: At the beginning of each day, pick one to three micro habits/small wins you can create to make the day great. At the end of each day, reflect on at least three things that went well.

» Identify a time in this journey where you failed. Write down what you can learn from that situation and how you can apply it moving forward.

» Engage in an activity that gives you momentum toward your goal. This could be choosing a new micro habit, recommitting to current changes or reaching out for support.

IGNITING ACTION

Take some time to evaluate your journey up until now. What have been your biggest successes? What can you learn from any failures you may have had? How can you continue to create the change you are wanting?
PLANNING AHEAD

How have you used planning to create success over the past six weeks?

Get a calendar, a journal or use this space to begin your plan.

**Step 1: Identify what you are wanting.**

» What exactly are you wanting to accomplish? If this is a daily or a weekly plan, you can use your practice steps for guidance. Continue to ask yourself why you want to change until you are certain you will follow through. Get clear on what success looks like.

**Step 2: Prioritize.**

» Not everything is an emergency or a priority. Honestly assess what needs to get done each day. Start with the most important things and work from there.

**Step 3: Establish what you need.**

» What do you need in order for your plan to work? Do you have all of the items you will need to be successful? Will this plan effect anyone in your life that you need communicate with?

**Step 4: Write it down!**

» Get a journal, a notebook or grab your phone and write down your plan! Having a written plan will not only hold you accountable, but it will serve as a reminder and a motivational tool that you can look at every day.

**Step 5: Follow through.**

» A plan only works if it is executed. Stick to your plan, make adjustments as needed and continue to move toward success.

How can planning ahead help you achieve the changes you are wanting? _____
**PERSEVERANCE**

How have you persevered over the past six weeks?

Perseverance determines your success.

What are some ways you can develop your passion and perseverance?

How will you continue to grow and change for the better? What is possible for you if you persevere?

What are you doing today to be better than you were yesterday?

Meaningful change doesn’t happen fast or all at once. It happens over the course of time as you make small, incremental steps toward your vision.

How can this mindset impact your success?

---

**TRANSFORMATIVE HABIT CHANGE**

What comes up for you when you hear the word “transformation”?

**DISCOVER**

How have you brought consciousness into your actions?

**ENGAGE**

How is your process of change unique to you?

**IGNITE**

Why is this change of value to you? Why do you want to change?

**PRACTICE**

What small habits have you created over the past six weeks?

**CHANGE**

What are you committed to moving forward?

Consider your journey up until this point. What step is resonating most with you right now?

After learning more about the Transformative Habit Change Model, what stands out to you?

Is there anything you still need in order to make your change sustainable?
WEEK 6: PRACTICE STEPS

» Take the time to plan ahead this week: You can plan for one day or the whole week, but write down your plan and follow through.

» Each morning, ask yourself what your 1% will be. How can you make today 1% better than yesterday?

» At this point, if there is anything you still need, commit this week to gathering resources, reviewing the program material or reaching out for support.

IGNITING ACTION

Review the Transformative Habit Change Model. What stands out to you? How do each of the steps apply to you and your change? Now that you understand how people change, where can you focus your energy and attention?

"EVERY NEW DAY IS ANOTHER CHANCE TO CHANGE YOUR LIFE."

— UNKNOWN
CONGRATULATIONS!

You have completed Change Your Habits! It takes courage and strength to pursue change, to make your life a priority and to stick with it. Acknowledge yourself for all you’ve accomplished!

I hope your journey toward change has been positive and motivating, and that you have created new thinking and positive behavior change. Your roadmap does not end here, however. This is a living process — as you move through the steps over time, you become more and more effective at creating successful change in all areas of your life. Awareness, honesty and action gives you the freedom to choose the life you want, and it empowers you to achieve it, too!

If you have questions, or if you’d like to start working with a Coach one-on-one, please email coaching@adurolife.com.