

## Building Habits

Why is it so difficult to make consistent change? Balancing our desire to make life-changing shifts with the need to build small, sustainable habits is critical.

### HOW TO BUILD HABITS THAT STICK

1. Stop relying on motivation - motivation is like the weather. When attempting to build a habit the first week's level of motivation is much different than the fifth.
2. Your current ability level matters - you have to make the new habit easy to do. Make sure to set small goals that are realistic to your current situation.
3. Design prompts to assist - what steps will induce the new habit to happen?

### PSYCHOLOGICAL ROADBLOCKS

- Thinking “themes” run throughout all of us
- Your internal self-talk is strong and can get in the way
- Have a strategy for your primary and secondary roadblocks

### SIMPLIFY AND THINK IT THROUGH

1. Implementation Formula = I will [BEHAVIOR] at [TIME] in [LOCATION].
  - We rarely say when and where habits are going to happen.
2. Habit Stacking Formula = After [CURRENT HABIT], I will [NEW HABIT].
  - Works best when the cue is highly specific and immediately actionable.
3. 4 P's: Plan, Prepare, Pause, Proceed
  - Creating the plan is easy, execution is hard.

### RECOMMENDED READING

- The Power of Habit by Charles Dewigg
- Atomic Habits by James Clear
- High Performance Habits by Brendon Bruchard
- Coach Yourself Thin by Greg Hottinger and Michael Shultz
- 4 Disciplines of Execution by Stephen Covey
- BJ Fogg, Tiny Habits

### NOTES...

## Psychological Roadblocks Quiz

1. All or nothing thinking \_\_\_\_\_
  2. Weight fixation \_\_\_\_\_
  3. Resist responsibility \_\_\_\_\_
  4. Willpower myth \_\_\_\_\_
  5. Selective accountability \_\_\_\_\_
  6. Feeling unworthy \_\_\_\_\_
- a. What's wrong with me, why did I eat that burger and fries?
  - b. I do great during the week, but there's no way I can be healthy on the weekend.
  - c. If the number on the scale doesn't move; all my efforts are for nothing.
  - d. I can't stay on my plan because my partner doesn't like healthy food.
  - e. If I don't write down all my food, exercise everyday, or do everything Skyterra says I won't reach my goals. Why bother?
  - f. I don't deserve to take time out of my day for me.

My Primary Psychological Roadblock
I will...
My Secondary Psychological Roadblock
I will...

## Implementation Formula

New Habit	
I will...	
Time	Location

## Habit Stacking

Current Habit
After...
New Habit
I will...