



*A Free Guide To
The Best Habits
To Become Your
You-est You[®]*

Purpose, passion & positivity are like a muscle;
keep using them *and they'll become a habit.*



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The Real Deal on Habits...

- ✦ Habits are essentially behaviors that have been programmed in our subconscious mind, so that we do them without conscious awareness.
- ✦ We tend to think of habits more in terms of “good” or “bad.” The fact is—just about everything we do on a daily basis is habitual. You probably get out of bed every morning the same way and go to sleep in the same position every night. Everything you do in between is essentially habit—meaning learned behavior. Even the thoughts that we have on a daily basis are habitual. Worry is a habit.
- ✦ Stress is a habit. Fear is a habit. The way you breathe, the foods you eat, the gestures you make, and so forth. *These are all programmed reactions of the mind—things that we learned to do.*

Did You Know About Anti-Habits?

- ✦ We are replacing the idea of “good” habits with the phrase *positive, life-affirming habits*. Instead of calling them “bad habits”, think of the behaviors that you’d like to break as *anti-habits*.
- ✦ The truth is, most habits are mainly neutral, because just about all we do, are habitual behaviors.
- ✦ Our minds, unfortunately, are geared more toward the negative than the positive (this is called the *negative bias*); therefore the *anti-habits* are listed as a way of making your goals more identifiable.
- ✦ The good news is that ALL habits are changeable thanks to *neuroplasticity*; all thought patterns and brain operations are malleable. Just remember, ‘*what fires together wires together*’.
This means that as you try new behaviors and think new thoughts, you will literally create a new wiring of thoughts (between 20 – 120 days), that will turn into your new habit.

A Non-negotiable Habit

✦ A non-negotiable habit is a behavior that you recognize is holding you back from what you truly long to achieve—be it better health, more vitality, greater success, better relationships, or increased abundance. It is coming to the point in which you no longer are willing to let the anti-habit keep you from your desire or from evolving. When a habit becomes non-negotiable, you lose the ability to rationalize changing it. * *The concept, non-negotiable habits, comes from A Year of Positive Habits by Linda Foy Rose, PhD.*

Motivation is what gets you started.

Habit is what keeps you going.

~ Jim Rohn

New Habits = New Reality



IT'S ALL WHAT YOU THINK...

*Whether you think you can, or think
you can't, you're right.*

~Henry Ford



Be on alert for the *Inner Critic*

If you're human, you've experienced an inner critic. This is that inner voice, which is based on past stories that don't serve you, mixed with fear, doubt and shame, that says crap like:

'No way can I do that...'

'I'm not good enough...'

'I don't have what it takes...'

'I've failed before so forget it...'





Be on alert for your *Inner Critic*

You know that voice. I know you do. If you spent time recording what she's saying, you might be appalled or sad. I'm here to remind you that there is **NO** real truth to your inner critic. She is here to keep you safe and feel protected. Don't judge her. Instead...

Bless your inner critic, thank her, release her with love, and let her know that you will no longer need her services.

Watch Your Words

Instead of Saying:

I can't

But

That hasn't worked

I should

I am bad at...

This is too hard

Say This:

I haven't learned yet

And

I have yet to see how this will work out

I am choosing

I am learning how to do...

I am taking baby steps and learning

Lights, Camera, Action... ✨ ✨

It's Time To Take Action

- ✨ Are you ready to start implementing new habits that will fulfill you and help you tap into your dreams, hopes & visions?
- ✨ On a readiness scale of 1 – 10 (1 being not ready at all and 10 being ready yesterday), where are you in starting a new habit?
- ✨ What's one habit you are committed to starting now?

It's All About Habits...

*We are what we repeatedly do.
Excellence, then, is not an act,
but a habit.*

~Aristotle



Habits & The Brain...



- ✦ Change brain patterns and neuro-pathways through thoughts
- ✦ Reframe how we look at our world and find more happiness in our lives
- ✦ Neuroplasticity: *“Neurons that fire together wire together.”*
- ✦ Change takes practice! Be patient.

What New Habit Will You Choose?

- ✦ As you now know, habits take time to form and develop.
- ✦ Choose your top 1 - 2 habits to cultivate.
- ✦ Ask yourself what area of life is most important to you and what might be one small habit that would make all the difference, be it your health, relationships, finances, career, self-care, etc.
- ✦ Reminder: *Be patient, kind and gracious with yourself!*

Tips For New Habits

✦ Schedule your new action in your phone or calendar



✦ Create a morning routine to start out your day on a positive note



✦ Celebrate your wins and successes along the way



The 10 Paradoxical Commandments

by Dr. Kent M. Keith

People are illogical, unreasonable, and self-centered.

 *Love them anyway.*

If you do good, people will accuse you of selfish ulterior motives.

Do good anyway.

If you are successful, you will win false friends and true enemies.

Succeed anyway.

The good you do today will be forgotten tomorrow.

Do good anyway.

Honesty and frankness make you vulnerable.

Be honest and frank anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.

Think big anyway.



People favor underdogs but follow only top dogs.

Fight for a few underdogs anyway.

What you spend years building may be destroyed overnight.

Build anyway.

People really need help but may attack you if you do help them.

Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.

Give the world the best you have anyway.

Write your own paradoxical commandment



Your Own Paradoxical Commandments

Example:

My inner voice says I'm too old and past my prime to be a successful novelist.

Be loving to yourself and take action writing, anyway.

Your Own Paradoxical Commandments



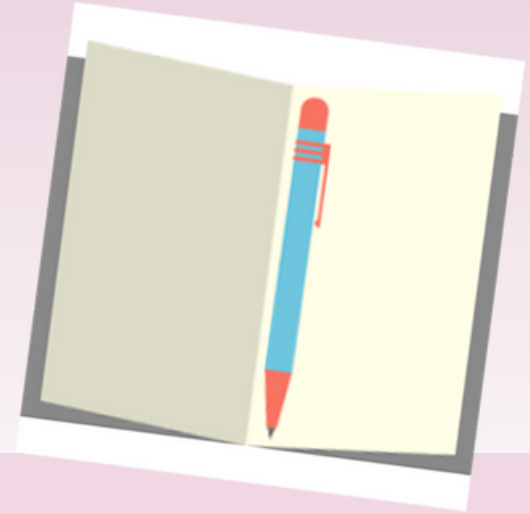
My paradoxical commandment:



*The only way to create change is
through ourselves.*

Notes on Habits:

My top 3 takeaways:



1.

2.

3.

Creating an Attitude of Gratitude

The One Habit To Change Your Life



15 Days Of Gratitude

To Change Your Life

Mini-Course

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