# THE HABIT FORMER

*"Make a Habit of Building Your Habit Machine"*

You can affirm your self-belief, pinpoint your purpose, set your intentions and replace your limiting beliefs with empowering ones, but achieving your inevitability ultimately occurs through action. And, as many-a-personal-development-book will attest, the key driver of self-growth and progress toward goal attainment are your daily habits.

This topic is a little more challenging to address because it varies entirely by individual needs and priorities. Here are a few universal guiding principles to consider for changing and creating your habits:

- Only you know. Only you can change. Only you can improve. Only you
- Setbacks, mistakes and failures are part of the process (i.e., New Year's resolutions)
- Focus, discipline and self-devotion are a given
- Be prescriptive and accountable. Parent yourself

Since you're obviously reading this, you've somehow managed to invest about an hour a day for 25 days and continue to trust the process to upgrade your life once and for all. That's fantastic! You're almost there! And then you'll need to keep going. But you've already proven that you have the self-commitment and grit to come this far. So you've clearly established and proven to yourself that you're fully capable. Of course you are!

As you head into the home stretch with your final section on Livelihood Alignment and complete your Module IV Review, you'll be fully ready to set specific and achievable goals within your Life Enrichment Action Plan (LEAP) on Day 29. Today, let's focus on the here and now about your specific support needs to identify the habits hinder and promote your success.

## ACTIVITY 1 – THE HABIT BREAKER (5-10 MIN)

This has less to do with the likes of diet, smoking or nail-biting as it does to create the space you need to form and sustain the habits that serve you. Examples here may involve lifestyle factors that represent a poor use of time and energy. Here's where it might come in handy to revisit the Tips Sheets for Managing Time Efficiently and Improving Organizational Skills in the section about Managing Energy. The advantage here is that it's A LOT easier to convert a bad habit into a good one than it is to break one while also creating another. The difference may seem subtle, but this small behavior shift is key.


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## ACTIVITY 2 – YOUR HABIT SYSTEM (5-10 MIN)

Now that you've identified opportunities to put habits in place, this is where you can decide what "system" is an effective launchpad to get into action. Mentioned in the Self-Belief Assessor is to "use alerts, post-its – anything." It's decision time. To what will you commit to doing? As routine as this may seem, the reality is that this may well be the most vital activity for your Life Upgrade. You are choosing the habit to assure that the other habits take hold.

Be specific. Will you watch one less show at night to go bed and awake an hour earlier? Will you take a 30-minute lunch break to free up the other 30 minutes? Can you dedicate the first and last 15 minutes of your day?

This is achievable. It is your sacred commitment to yourself.

## ACTIVITY 3 – YOUR HABIT PLAN (10-15 MIN)

There's no need to overdo it. In fact, you likely already know the habits you'll need to support your priorities. If not, don't sweat it. We'll revisit this in your LEAP Plan.

You might also identify priorities for what habits need to happen ahead of others. For example, you may recognize a certain limiting belief or money block for which you want to practice affirmations or listen to NLP recordings to reprogram your subconscious. You might decide to make a habit to practice mindfulness, gratitude and/or manifestation. Maybe you need to start with a new organizer. Just take a crack at it.

## ACTIVITY 4 – YOUR SUPPORT SYSTEM (5-10 MIN)

[OPTIONAL]: You may or may not find it beneficial to go one step further to install a few safeguards to keep you on track. For example, as much as you might benefit from certain daily practices, you might decide to give yourself a pass every weekend so that, whatever you decide to do, seems less of a chore and that you can start fresh every week. It might help to ask your significant other to be your accountability partner.

You could also decide to keep a Habit Journal - at least at first - to acknowledge your commitment to yourself along the way. Another option could be to make your first habit about visualization. Imagine how the good habits you're putting in place will have amazing effects on your life and world. We'll go even deeper into visualization in the next section tomorrow. Overall, the core purpose here is to set yourself up for success just as you've already done to get this far. That also means you're well on your way to making a habit of making habits!


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