

Habit Based Transformation

It all comes down to is this. In a world full of distracting “technologies,” “novelties,” “cutting edge resources,” and “gadgets,” one thing ALWAYS rules: the application of basic habits.

**“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”**
Mahatma Gandhi

Creating New Habits Is Powerful

Select One Habit At A Time...

Choosing only one-two habit per week. You can choose any habit - whatever you think will have the biggest impact on your life.

Write Down Your Plan...

You will need to specifically state what your goal will be each day, when you'll do it, what your "trigger" will be, who you will report to

Get An Accountability Partner...

Tell as many supportive people as possible that you are trying to form your new habit. I suggest an online forum, but you could email it to coworkers and family and friends or otherwise get the word out to a large group.

Report Your Progress Daily...

Each day, tell the same group of people whether or not you succeeded at your goal.

Main Influencers Of Habits

Time

Create space and time, for you. Personal space to think, gain clarity, gain focus and access energy, vitality and ensure their mind and body is primed to serve them best each day.

People

Those you surround yourself with directly affect your mindset and capacity to grow for good or bad. Only hang around people that lift you up.

Emotional State

What you think, feel, and believe about yourself is often found in your self-worth and your emotional state of being. Focus on the here and now to lift your body, mind, and spirit up.

Environment & Location

The atmosphere and location that you surround yourself with directly affect your habits. Make sure that you are in an engaging environment that pushes you to better yourself.

Preceding Action or Cue

In most cases your past actions will continue to dictate your future behaviors if you don't address them. Ditch old habits as quickly as you can. Don't let them shape your future behaviors.

Give It Air

Attention:

The first step involves taking notice of the habits you want to change. This is an important part of being able to change your behavior.

Define what the habit is and what it would look like to carry it out.

Intention:

At this step, you are setting yourself up to plan to act on the lifestyle change.

Refine what the habit is not and understand how things need to change to live the life you are looking for.

Repetition:

Repeat, Repeat, and Repeat once more to further lock in the behavior patterns that make up your new lifestyle.

Align what steps you need to take to follow through again and again to ingrain the positive behavior in.

Try picking any of over 80 habits that will make the biggest changes in your world.

Stop buying foods that are marketed as healthy.

Go food shopping on a full stomach.

Make dietary

Only buy real foods

changes slowly.

Plan & Schedule healthy meals in advance.

Shop with a list based on your weekly meal plan.

Don't add cream

or sugar to your

Drink green tea.

tea and coffee.

Stop drinking sugary drinks.

Eat at restaurants less frequently.

Shop along the perimeter of the grocery store.

Take a break whenever you feel stressed.

Play with your pet.

Give more of yourself to someone else.

Before bed, prepare for the next day.

Buy more organic foods.

Have a balanced mix of carbohydrates,

fats, and protein in each meal.

Go hiking.

You should do primarily compound exercises in your workouts.

Practice intermittent fasting

Soak meat in a special marinade before grilling.

Brush your teeth twice a day and floss at least once.

Exercise during TV commercials.

Write about your negative emotions and experiences instead of holding them in.

Drink 80oz+ of water.

Don't add salt to your meals.

Use healthier oils such as coconut & olive oil.

**Add a serving of
vegetables to
each meal.**

Reduce your use of condiments

Eat your sandwiches open-faced.

Bake instead of fry.

Eat only until 80% full.

**Replace the unhealthy
snacks in your house with
nuts, fruits, and veggies.**

Learn to love dark chocolate.

Eat more omega-3 fatty acids.

Season your food with healthy spices.

Replace your night time dessert with a piece of fresh fruit.

Add probiotics to your diet.

Keep a food journal and measure how much you eat.

Take the stairs instead of the elevator.

Take advantage of HIIT cardio.

Play sporting games.

**Find a
workout
partner.**

Put on your gym clothes when you get home from work.

Create a "Plan B" for when obstacles spring up.

Push through your own discomfort.

Have an exercise journal to track your workouts.

Give yourself time to recover from workouts.

Warm up before and cool down after your workout.

Aim to make each workout harder than the last.

Improve your posture.

Vary your exercise program.

Take 30 minute walks.

Start doing yoga.

**Wake up at the same
time every day.**

**Use a sleep cycle app.
Create a better sleep environment.**

Go to bed at the same time every night.

Reduce caffeine intake.

**Avoid bright lights before
bed.**

Take naps lasting 10-30 mins.

**Identify your triggers
or sources of stress.**

Set more firm deadline.

Rearrange your priorities.

Reduce one thing that clutters your life.

Say "no" to every request.

Avoid people who stress you out.

Quit smoking.

Spend more time in nature.

Reduce alcohol.

Minimize the use of NSAIDS.

Spend more time in the sun for vitamin D.

Exercise your mind and learn something new today.

Have a morning power routine.

Watch

Practice gratitude.

Set stronger goals

less

TV.

Meditate for at least five minutes per day.

Make your first thought of the day a positive one.

Spend time actively socializing with friends.

Laugh More

&

Forgive someone.

Smile More.

Listed above are over 80 positive habits that you can start to work on. Each week you will be asked to pick 2 habits that you can commit to changing. Through the process of working on these 24+ habits, you shall surely transform.
Fill in each line with a habit.

Week
1

Week
2

Week
3

Week
4

Week
5

Week
6

Week
7

Week
8

Week
9

Week
10

Week
11

Week
12
