



Habits and Patterns

🔥 The first step is to be aware of the habits that you have. Habits can be thoughts or actions.

🔥 You can conserve your willpower by using it strategically to make new behaviors into habits.

🔥 It's best to take on one new behavior at a time. Once it's a habit and it no longer requires a lot of willpower, you can begin to create the next new habit.

🔥 You can create your ideal life by creating habits one-at-a-time that support you in achieving your goals.

Application Question/Activity:

1. What habits do you have that are not serving you?

2. What new behaviors would help you to reach your goals?

3. Which one behavior would help you the most?

4. Work to consistently perform that behavior for about a month. Once it's a habit and requires little willpower, move on the next behavior that you would like to incorporate into your life.