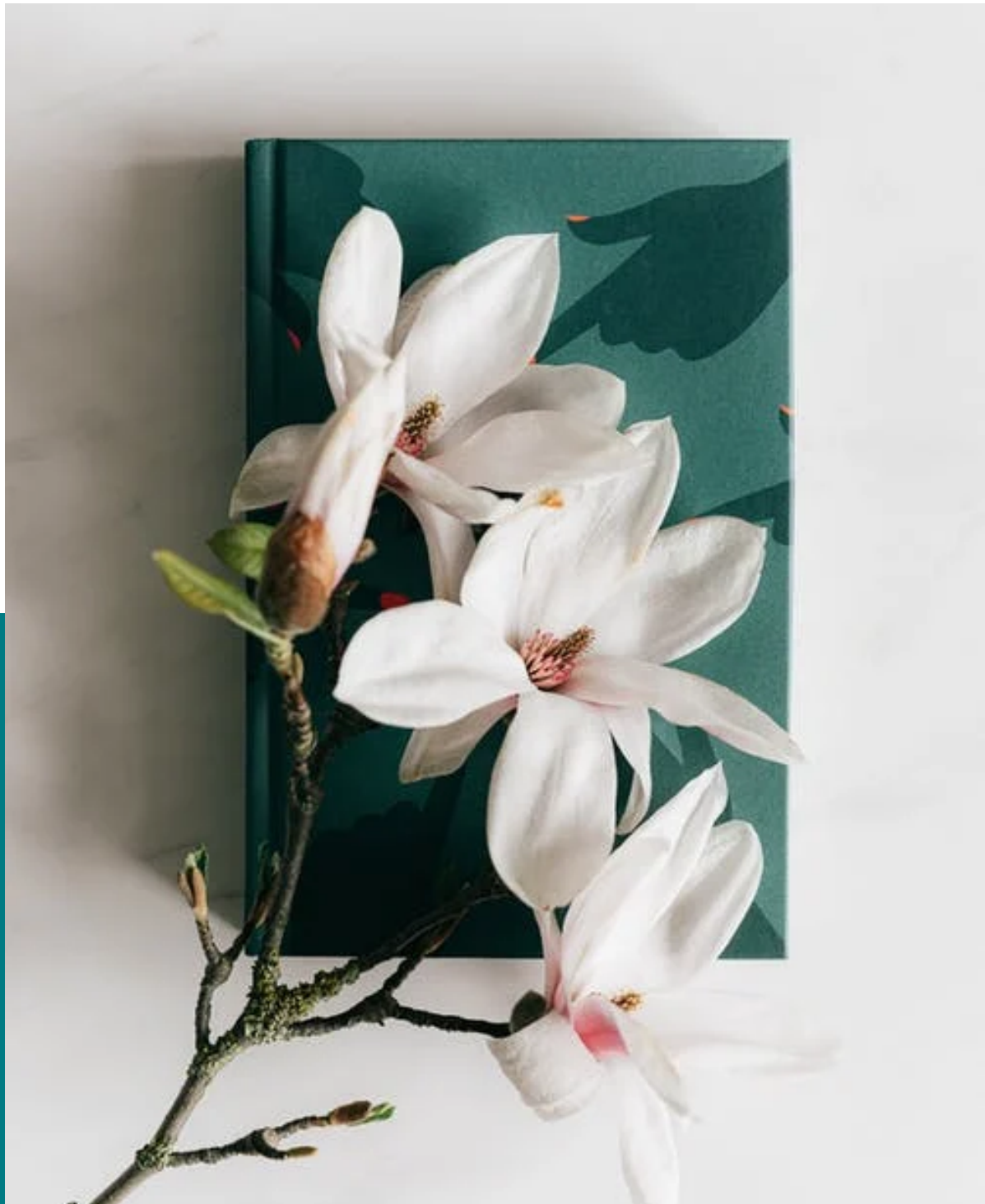


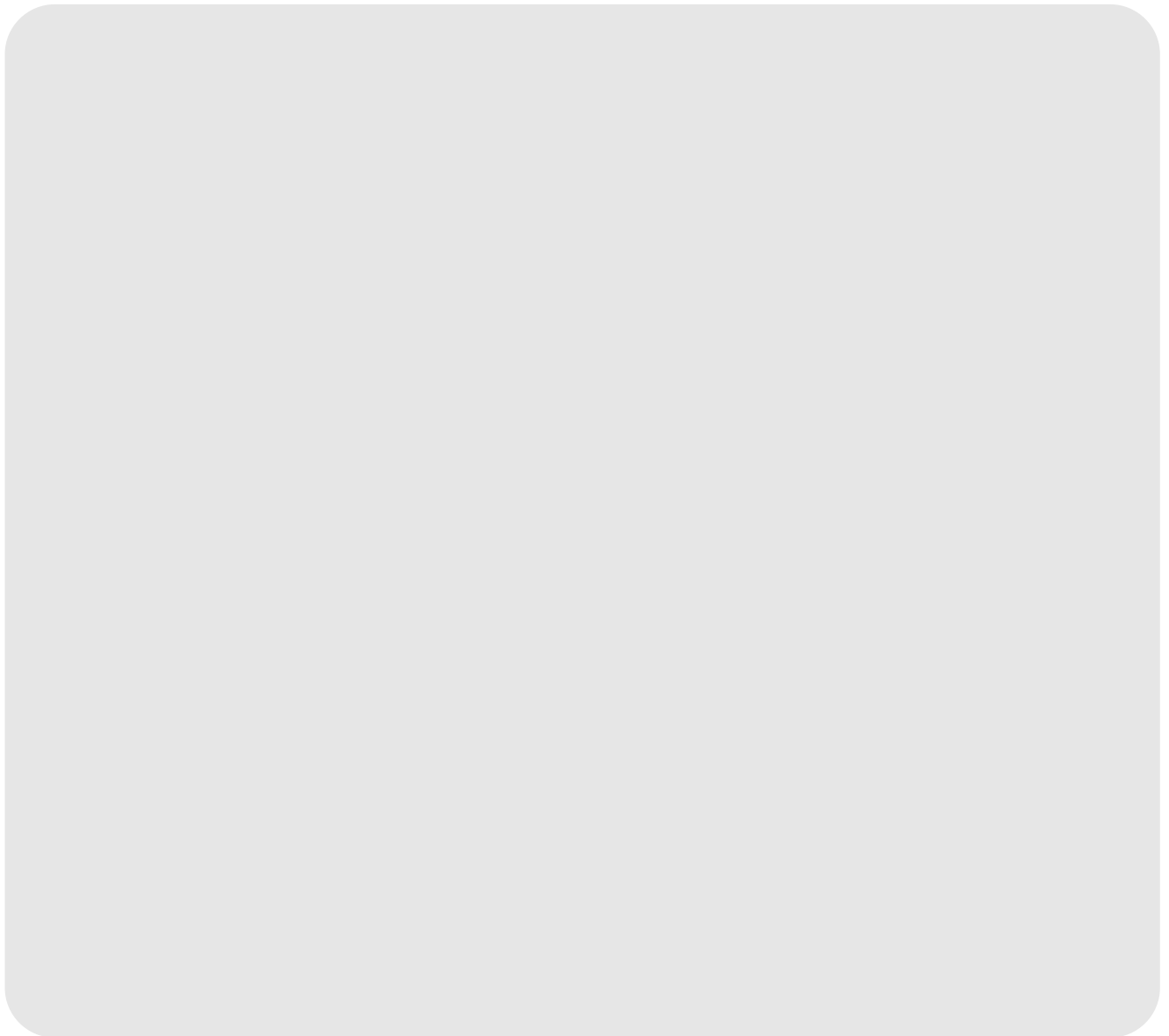
CREATING SUCCESS THROUGH DAILY HABITS



Your New Identity

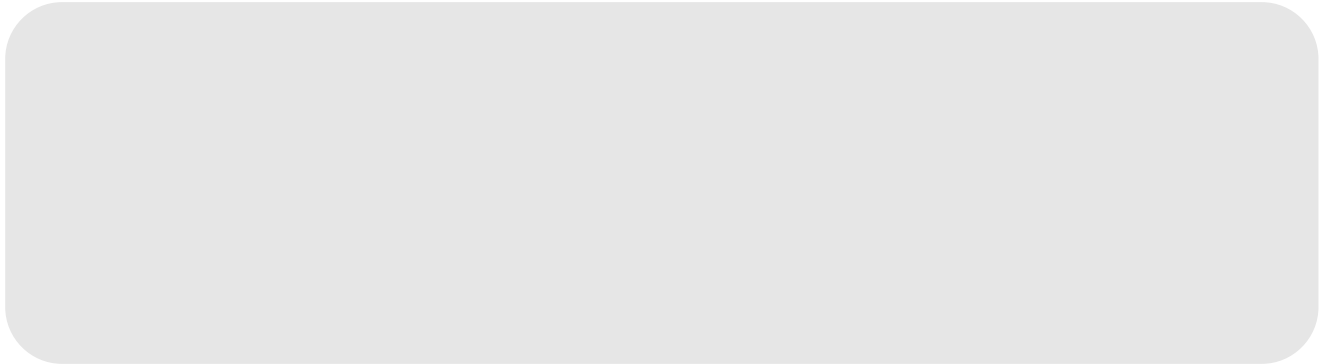
How do you see yourself in relation to your future vision?
Can you identify any aspects of who you are that don't support your goal?

As an example - You want to lose weight but believe you are someone with very little willpower and addicted to unhealthy snacks.

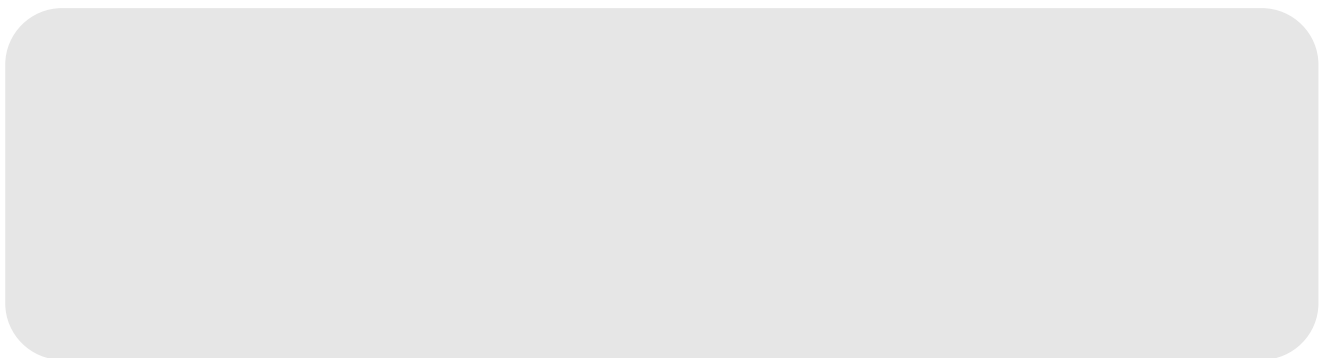


Your New Identity

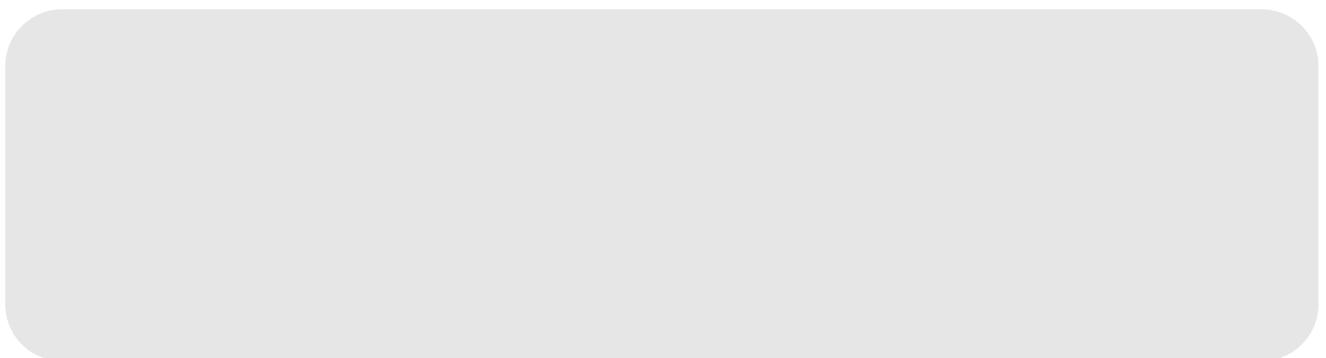
In order to create your vision, what beliefs will you need to have?



What new habits will you need to create?



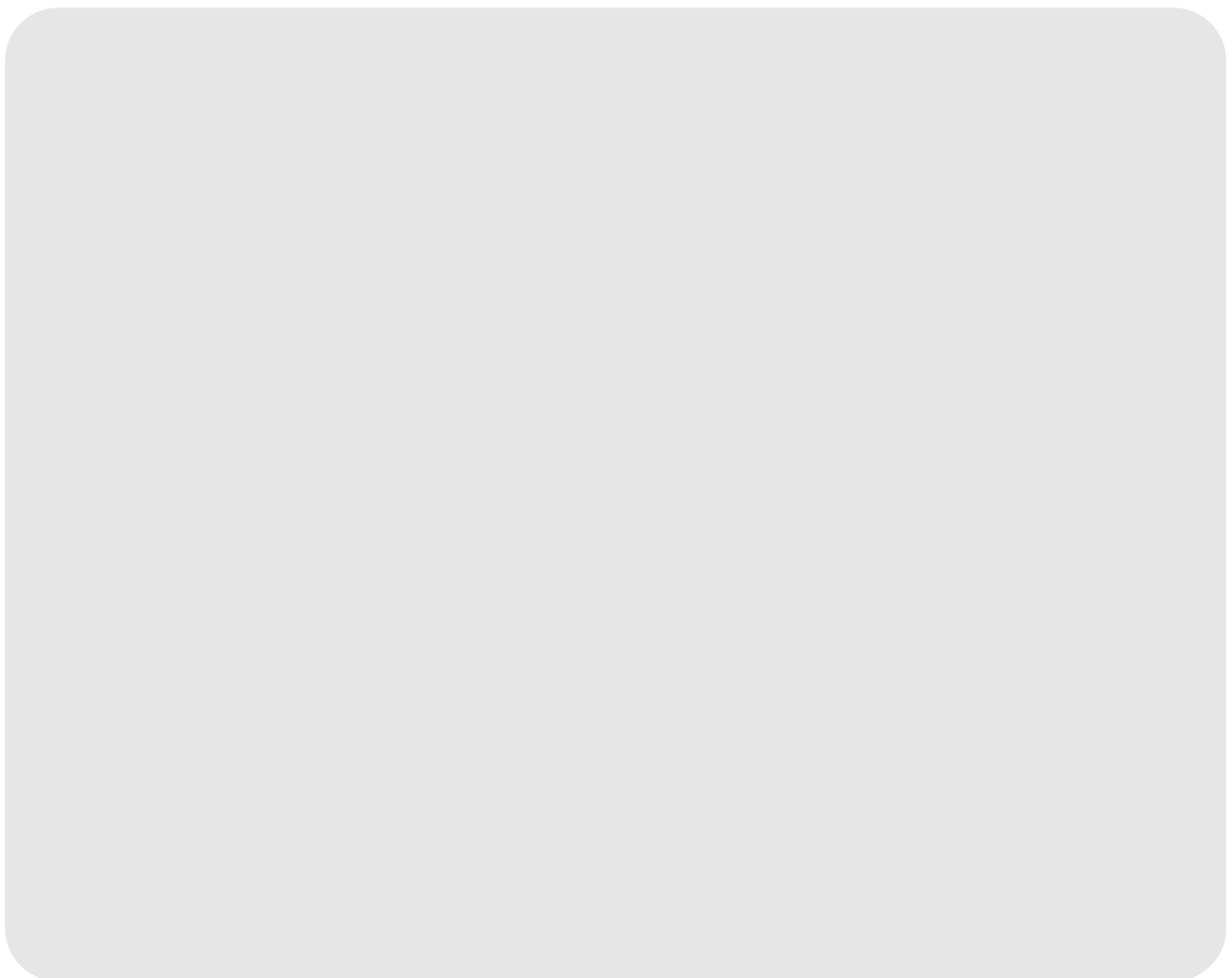
What identity will this future version of you need to have, to create your vision, beliefs and necessary habits?



Your New Identity

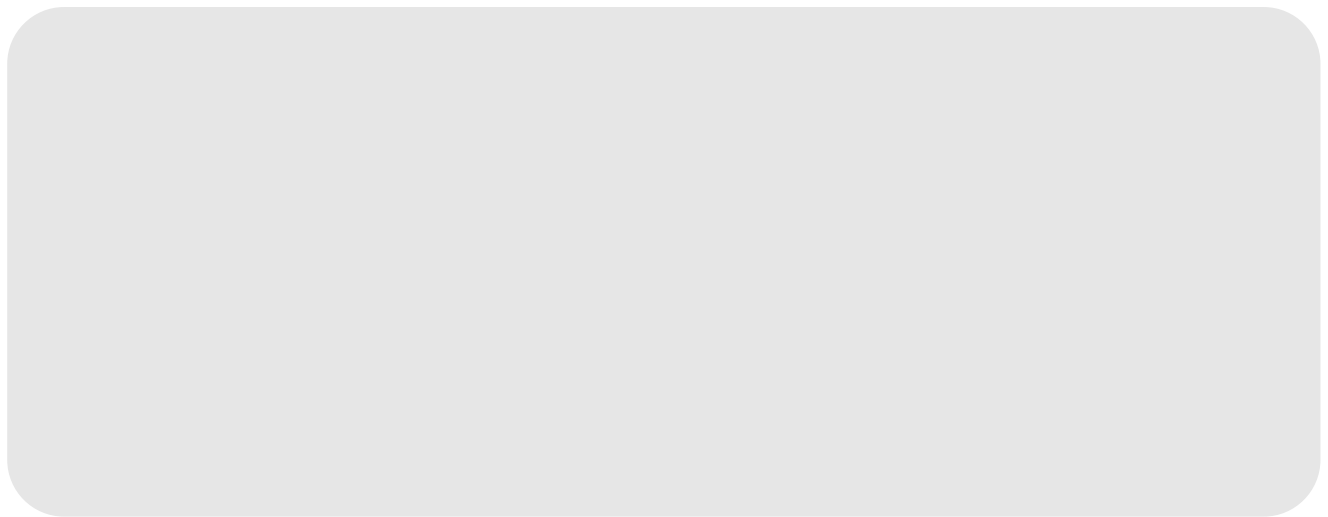
Choose one very small new (micro) habit to create that will help you live into your new identity for the next 30 days (or until it's concrete). Then choose one additional technique from the following list that you will leverage to support creating your identity - EFT, hypnosis, NLP, self-hypnosis, or visualizations & affirmations.

My new small habit and technique to support my new identity creation will be:

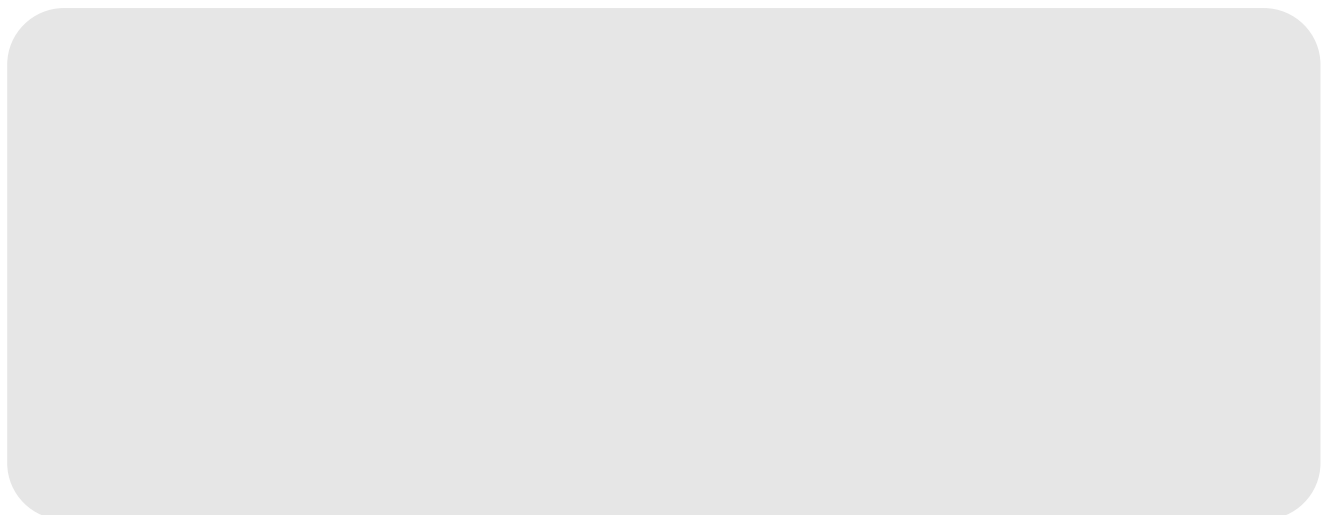
A large, empty, light gray rounded rectangular box with rounded corners, intended for the user to write their chosen habit and technique.

Habit Creation and Elimination

If you have identified a “bad” habit that you need to eliminate, what is the benefit experienced from the habit? What pleasure do you experience or what pain are you avoiding?

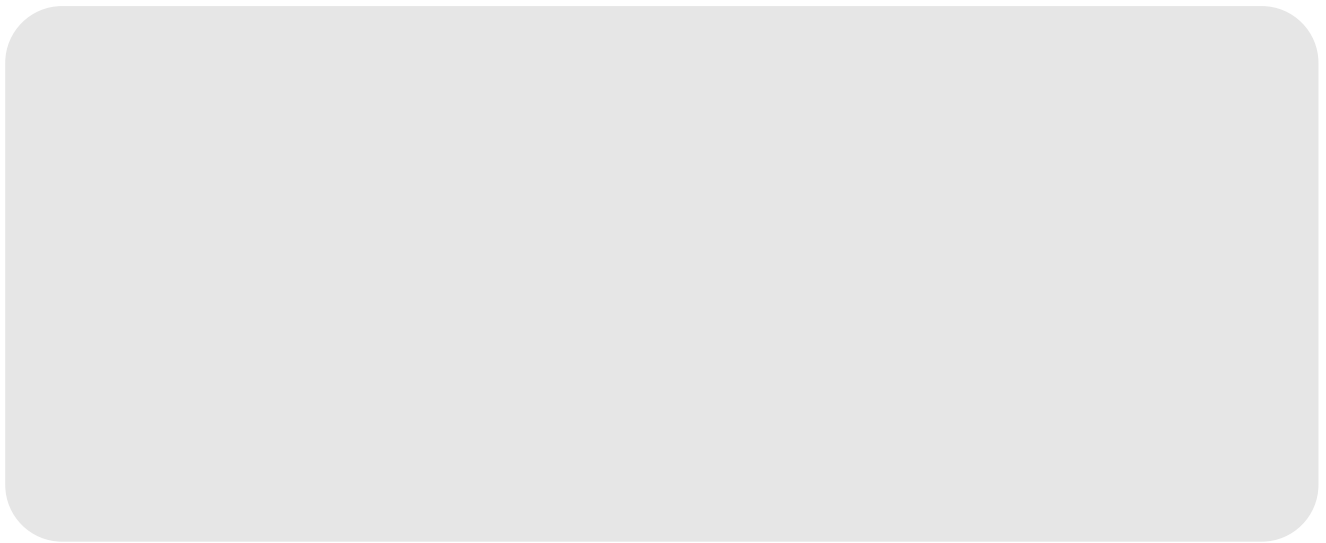


Track the behavior for 24 hours (or longer if necessary). What are your cues or triggers for the habit? Can you eliminate any of them from your environment?

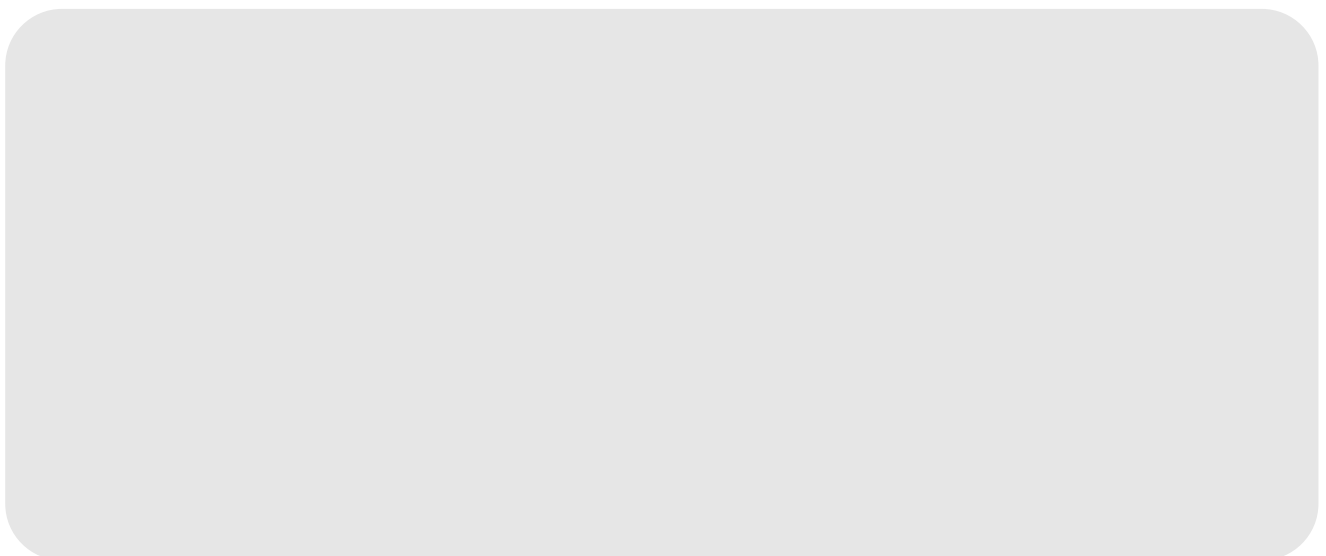


Habit Creation and Elimination

Brainstorm any new and good habits that could give you the benefit (or something similar) and replace the bad habit:

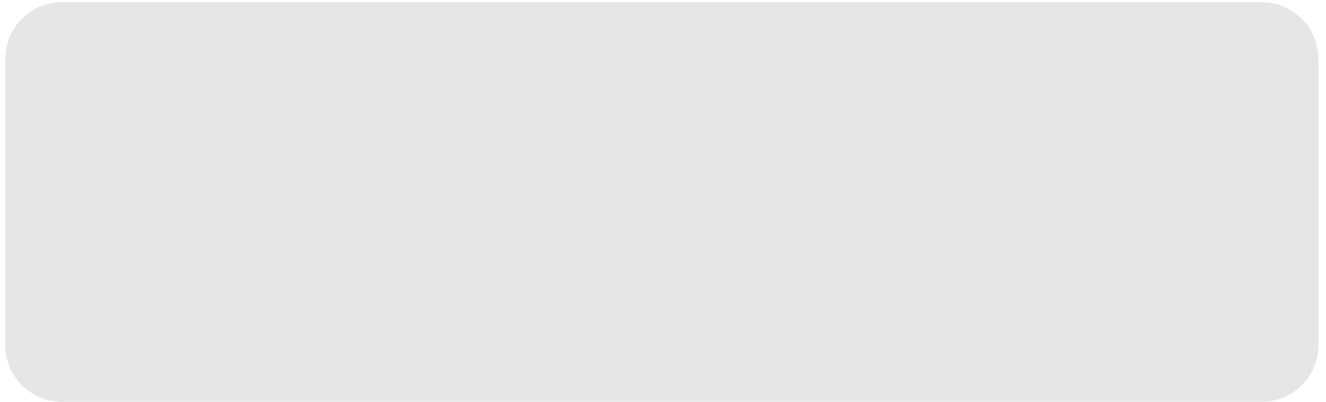


If it is not realistic to replace it 100% of the time, brainstorm ways you can distract your attention when a trigger occurs:

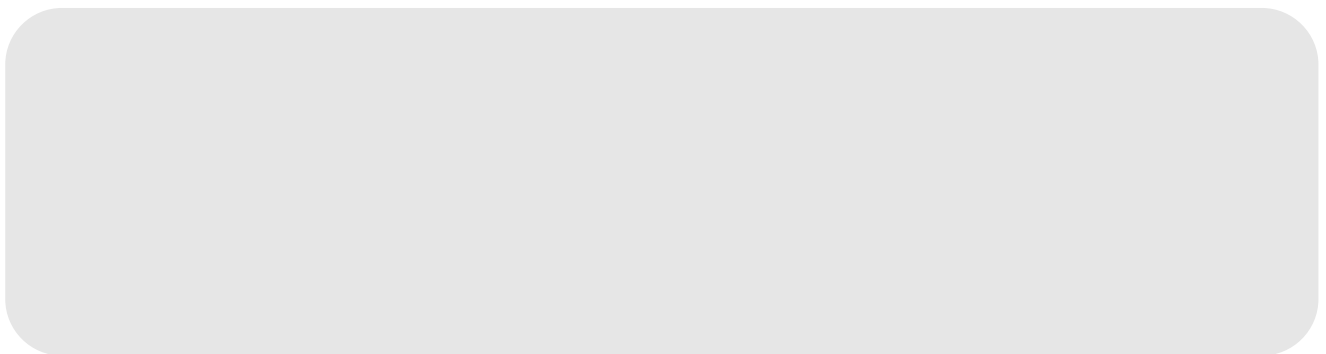


Habit Creation and Elimination

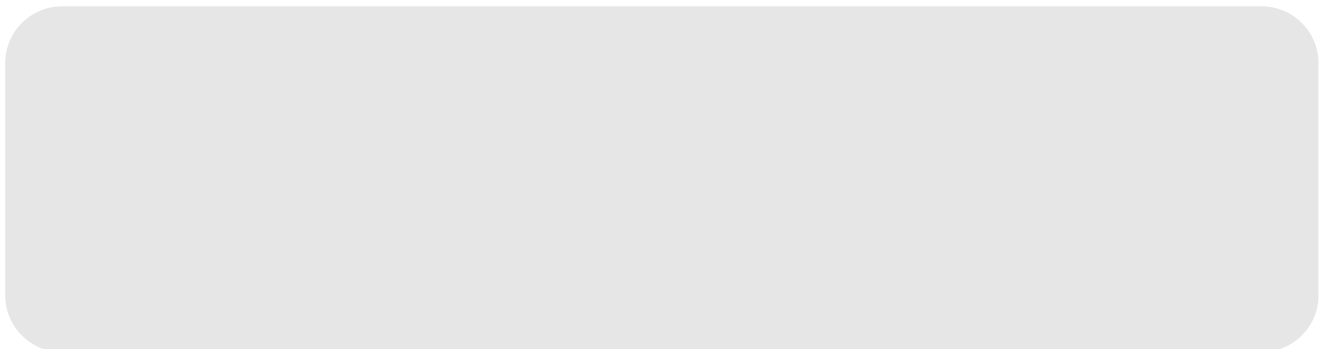
What is the new “good” micro habit that you want to create?



What reminders will you utilize so you don't forget your new habit?

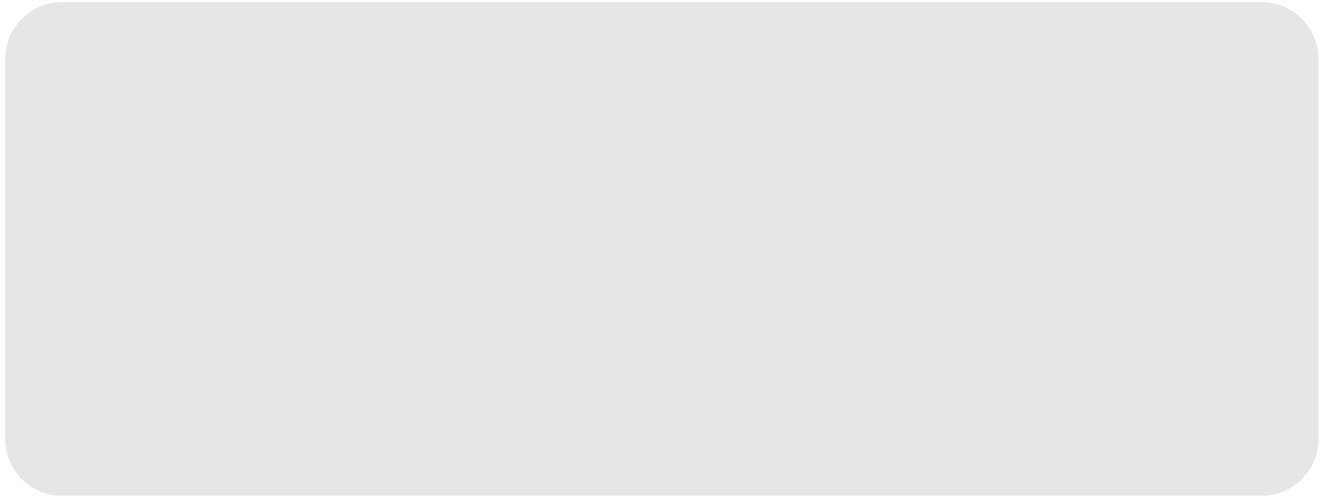


When will you schedule the new habit?

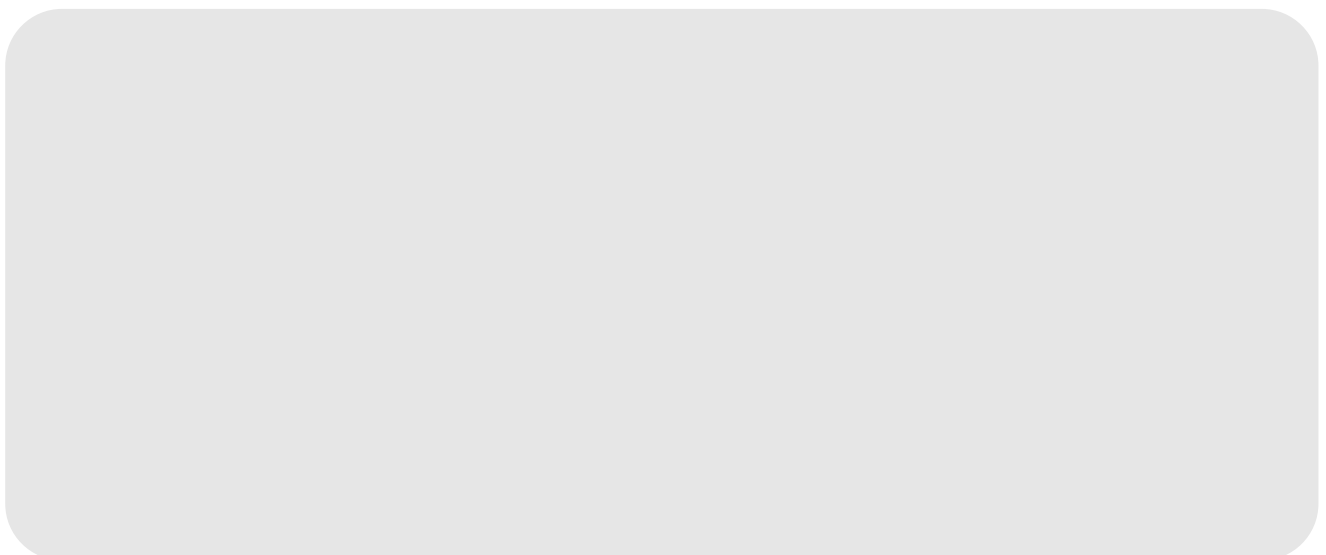


Habit Creation and Elimination

How will you track your progress (visual to see your success streaks)?

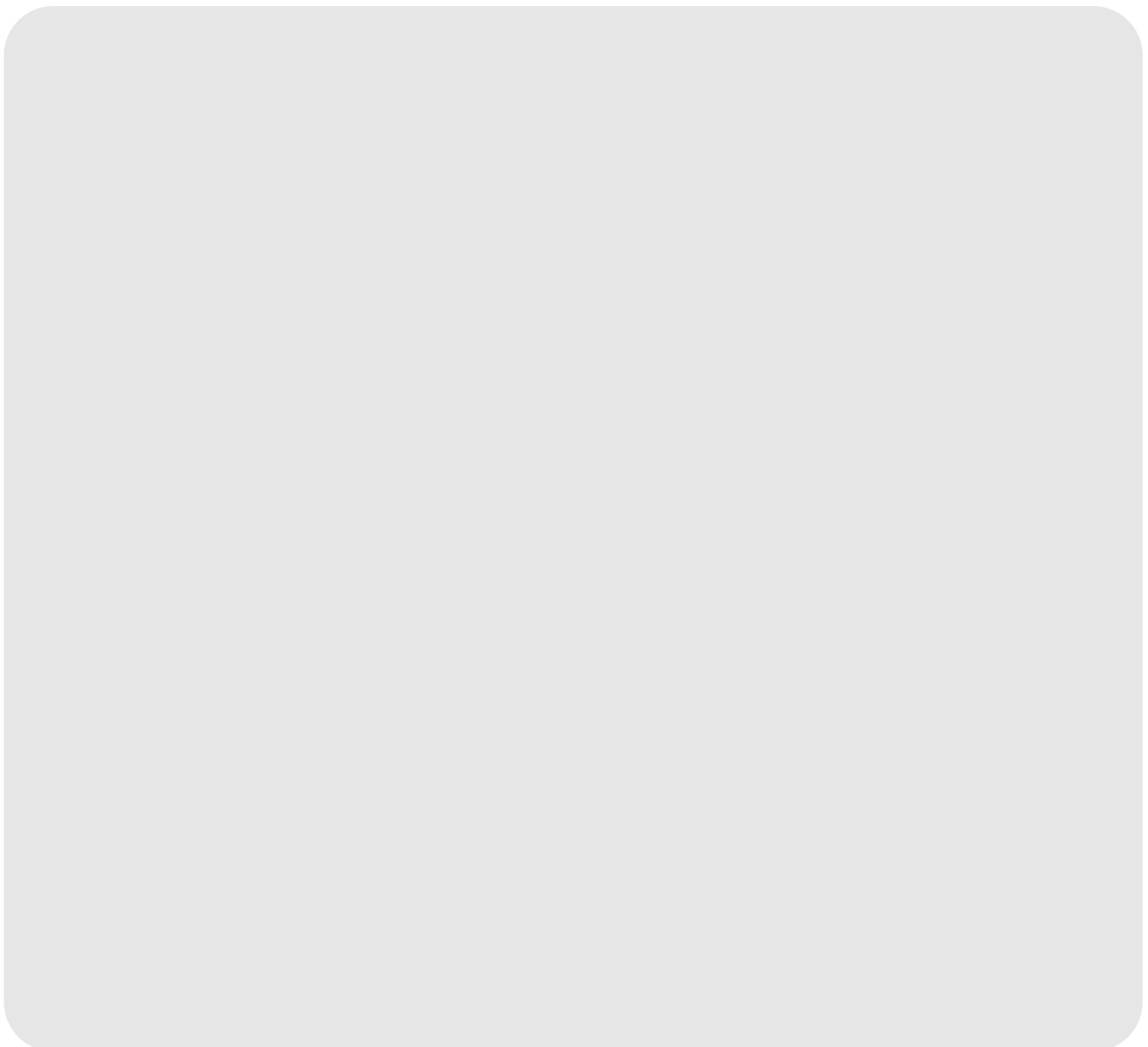


How else will you reward yourself? Remember that very small pats on the back and celebrations are effective. The important component is that you do it EVERY time you perform the new habit or ignore a trigger and don't perform the old habit.



Obstacles

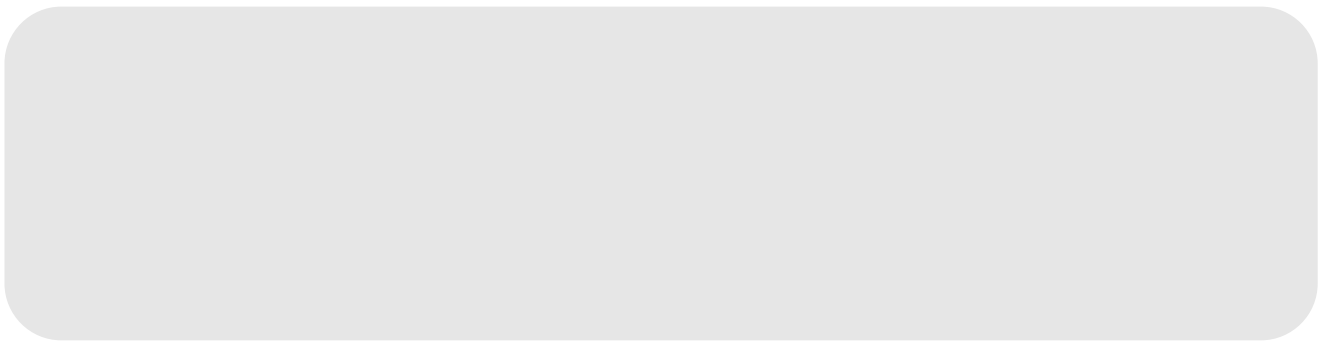
We know that things will come up to challenge our new routines. So now, take a few minutes to brainstorm what could get in your way and make it difficult to follow through with your new habit plan. Include mental obstacles as well as circumstances or physical obstacles:



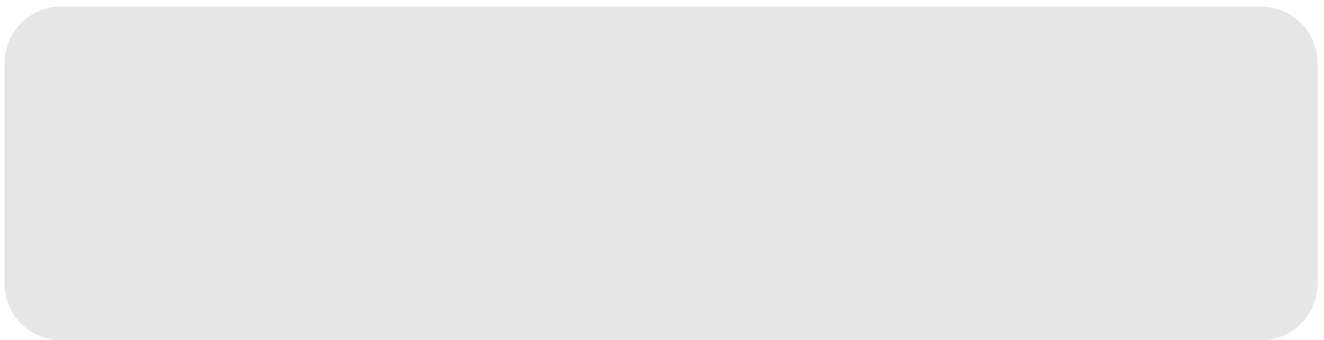
Obstacles

Now list each obstacle and brainstorm all possible work throughs and/or work arounds so that you don't have to lose momentum if one comes up:

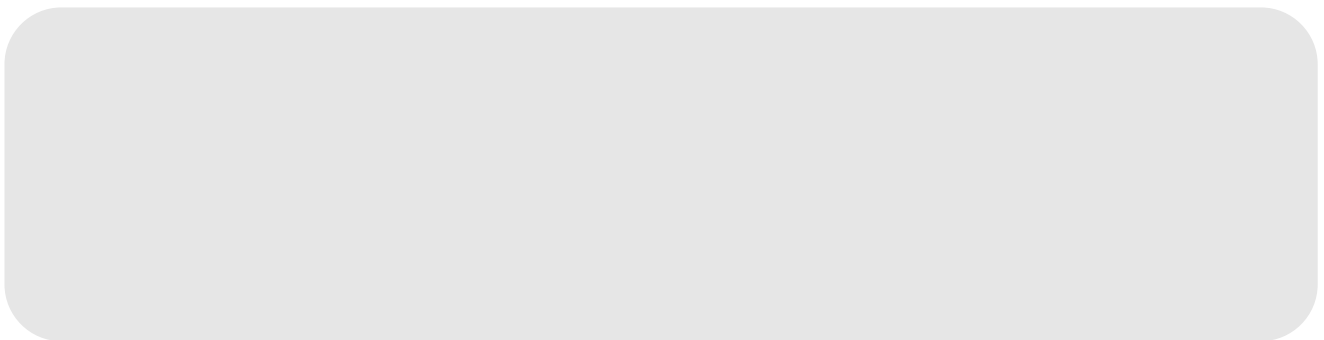
Obstacle 1 and solutions:



Obstacle 2 and solutions:



Obstacle 3 and solutions:

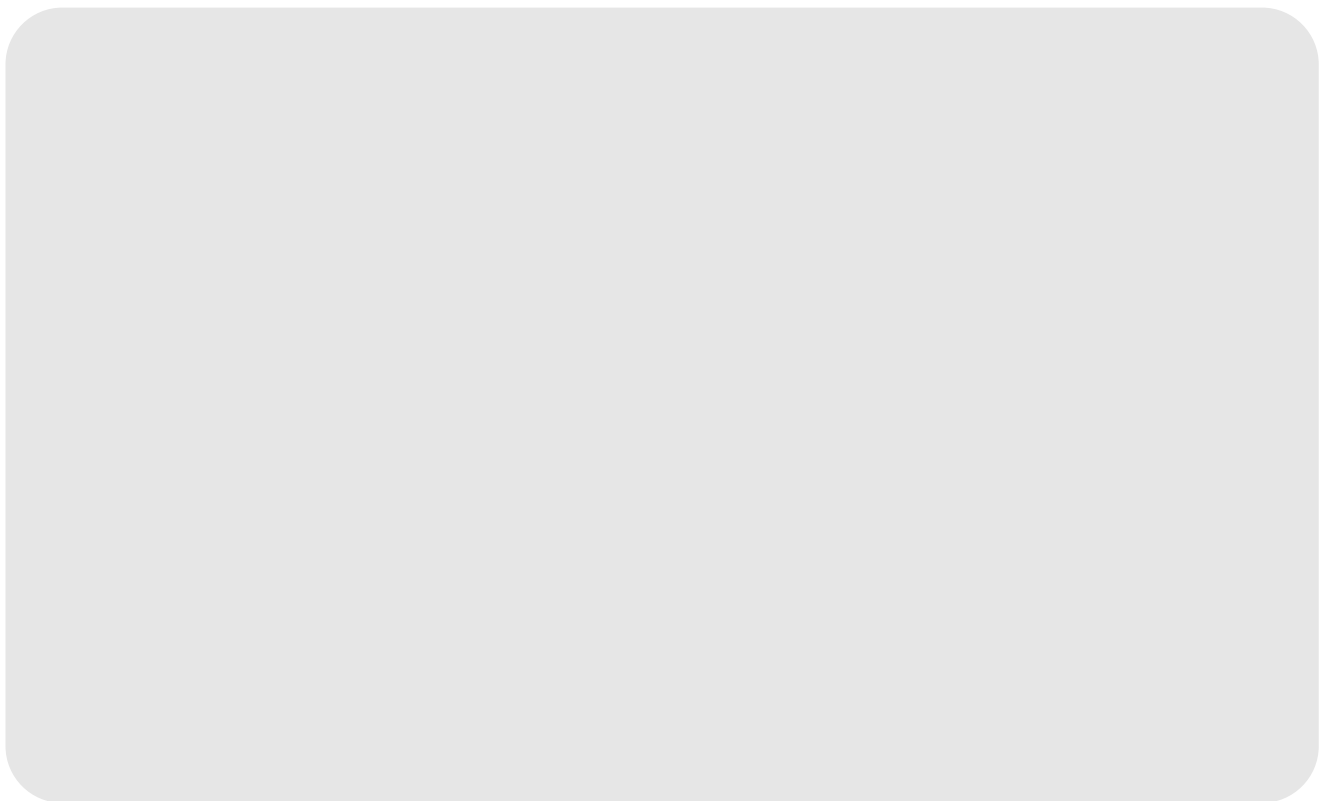


Obstacles

Now go back through your list of solutions and highlight your favorites. These will be your fallback “rescues” when the unexpected happens, so you can keep going and not lose momentum.

Great job! This is a great foundation for creating your new identity and success habits. Once you feel that the new habit has been created, you can stack another habit on to your routine.

What are the next 2 micro habits that you will plan to create?

A large, empty, light gray rounded rectangular box with rounded corners, intended for the user to write their next two micro habits.

Habit Process Checklist

- ☐ Commit to at least 30 days
- ☐ Track current bad habit to identify cues or triggers
- ☐ Identify and begin to create your new identity and new micro habit
- ☐ Adapt environment for support
- ☐ Get accountability
- ☐ Replace old habit with new that has similar benefit
- ☐ Create reminders/cues
- ☐ Track progress (success streak)
- ☐ Always celebrate and reward yourself!

Congratulations!

As I mentioned in the training, accountability is an effective tool to help you stay on track. If you aren't already part of one of our Facebook Groups, join our free and supportive sisterhood now, and let us know how we can help you stay accountable!

Look out for Wednesdays when we celebrate our Wins, and be sure to share yours in the group!

As always, if I can support you on your growth journey, reach out for a complimentary connection call to discuss my services and if we are a good fit to work together.

To your success,



CJ Rivard

Transformation & Leadership

Coach and Trainer

The Inspired WAVE