

INSIDE THE HUDDLE

DITCH THOSE HABITS THAT AREN'T MOVING YOU FORWARD

CHANGE YOUR HABITS AND MAKE THEM STICK WORKSHEET

Habits are a critical component to our success. When we have a big goal or a huge dream, we start reflecting and thinking about the habits we need to change in order to accomplish that goal. But that thinking can lead to overthinking, which becomes stressful and demotivating. Don't over think this!

It is true that if you want to have different outcomes, you must change your habits. However, when you are looking to introduce change into your life, it is common to feel overwhelmed with where and how exactly to start your journey. After all, there is no single way to change a habit. This is a process. You will not see the results occur overnight (sorry). Small but consistent changes are what will be key for you to realize phenomenal, long-term results. Just remember that you are not alone on your journey and I hope this worksheet helps you get started!

Have you ever thought to yourself, "Why can't I make a change stick?" You start off strong, but as time goes on, you question why you feel "off momentum" or why you don't keep at doing something.

For example, you may have that new goal to start of the New Year and then by the end of February it is a distant memory. Or perhaps you were going to try a new diet, and then just three weeks later, you have already gone back to your old way of eating. Do either of these sound familiar?

Changing a habit focuses on only changing ONE thing: the routine. It's important to keep in mind that big changes start with small changes. Don't try to tackle too much all at once. For if you do, you will become frustrated as to why the new habit didn't stick. By focusing on one small change you can master it. This worksheet will help you focus on the change and make it stick!

Your routine is a collection of habits. Those habits are the behaviors and actions that you take on a consistent basis. Think of your routine as a set of habits and actions that are sequenced. Take a moment to think through your routine and those habits that you employ daily.

First let's celebrate and recognize the good things that you are doing. Write down three habits that you are proud of and that help you to be successful:

1. _____.
2. _____.
3. _____.

Look at those three habits. Continue doing them. They are working for you! Next, we need to focus on other habits that you need to work on – those habits that are going to help you to cross the goal line.

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The below worksheet is going to help you identify habits that you want to work on, why they are important to you, and give you tools to make them stick. Remember, the goal here is changing behaviors to achieve desired outcomes. Key to moving the ball in life is making sure these habits are going to be long-lasting for you.

Some key points to think about as you work through this:

- One reason why people don't stick with a habit is because they really didn't want to make the change. If the change isn't sticking in your life, then you are being too casual about it. You need to make sure that you are deeply connected with the change and that this change serves a purpose that you have identified.
- You want the change(s) you are about to make to align with who you are and make you feel alive. This should be something that you *want* to do, not something you told yourself you should do or that you feel compelled to do.
- If you want the change to last, then you must make it a daily focus. Life is full of distractions. If you put off working on the change daily, then you will lose that connection with the goal or the dream that you are working towards. Maintaining that connection is important!
- Write down the change and the goal every single morning. What's the change and why do you want it? You may be wondering, "How many days do I have to keep writing it down for?" The answer to that is going to depend on you. My advice is that you should write it down every day until it stays and until it becomes habitual. Write it down until it becomes a behavior for you.
- DO IT EVERY SINGLE DAY. Schedule the change. In your calendar, decide when you are going to do this change. This needs to be written down or typed in the calendar and then you go do the action. I cannot emphasize enough the importance of doing the activity every day. Until you do it on a daily basis, your body will keep resisting the change. At first, it's going to be difficult, but you have to condition your mind and your body to the change. Once you do that, your mind will look forward to this new activity and will anticipate it. Then when you complete it, your brain will release dopamine which is what makes you feel happy, satisfied, and fulfilled. When this happens, you will be fired up about the change and you will be motivated to repeat it.
- It important to believe that you can implement the desired change and make it stick. If you don't think that you can do it, your change of success will be small. Remind yourself why you will make this happen. You can do this!
- Share this change with others. Tell your family and friends who support you so they can get excited with you. If people see you doing it, they start cheering you on. Momentum

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will come from your social environment. You want this to be a part of your playbook for change.

- You need to measure your progress daily. If you don't assess how you did at the end of the day, then you won't have a measurement of change and you will let yourself off the hook. Once you allow yourself to slack one day, that then carries over into the next, and the next, and so on. Then, you are in the same boat as before wondering why the change didn't last.
- Get a buddy who wants to do the same thing as you and can help evaluate what you are doing each week. In goal attainment studies, when you are trying to do a new action or institute a new behavior, having a buddy doing it with you will keep you sticking to your new habit longer than if you are doing it by yourself. It is that social accountability piece that gets you more excited to implement the change. You have someone to push you and to celebrate your progress with.

The above points should help you write out your answers to the following:

Get clarity around the habit you want to change or employ.	THE NEW HABIT I NEED TO WORK ON IS:
You need to feel connected to this change. Why do you want to do this?	THIS IS IMPORTANT TO ME BECAUSE ...
Being successful involves believing in yourself and that you can make the change	THESE ARE REASONS WHY I KNOW I CAN CHANGE:
This needs to be a daily focus (schedule it out... this is about playing your game with intention).	WHEN AM I GOING TO WORK ON THIS EACH DAY? (doesn't need to be the same time every day)
If you want to create a habit that lasts, you need to measure it daily.	EVERY NIGHT I AM GOING TO ASK MYSELF THE FOLLOWING: <ol style="list-style-type: none">1. How well did I do it today?2. Did I feel connected to it?3. Is there anything else better that I could have done?

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	<p>Rate yourself on a scale of 1-10 each day:</p> <p>1 ————— 10</p> <p><i>I didn't do it.</i> <i>Good job for me!</i> <i>I was a slacker.</i> <i>I nailed it today!</i></p>
<p>Sharing with others will ensure that you have more success at the desired change.</p>	<p>I AM GOING TO TELL THE FOLLOWING PEOPLE WHAT HABIT I AM WORKING ON BECAUSE THEY WILL SUPPORT ME AND CHEER ME ON:</p>
<p>Changing habits is easier when done together.</p>	<p>MY BUDDY THAT IS GOING TO WORK ON THIS HABIT WITH ME IS:</p>

You should use this framework for each new habit that you want to incorporate into your lifestyle. A word of caution though. DO NOT try to change too many things at once. Focus on one habit you want to change. Then once you have mastered it and that habit has become integrated into your routine, move onto the next one.

If you try to take on too much change at once, you will become frustrated and you will set yourself up for feeling completely overwhelmed and you will lose momentum. We don't want that. I'm going to emphasize this one more time: Establish a consistent foundation with one key action and keep doing it until it is a habit. Then it will be time to bring on the next one. That's how you build change that lasts.

Remember, every time that you start a change and you don't stick to it, you can't blame your past, you can't blame today, and you can't blame your circumstances. It really is a matter of your focus, your will, and your discipline.

Your daily routines are what ultimately shape your reality. And you deserve to have everything you want in life. That starts with taking ownership and having accountability. You have to "own your game". Along with that ownership comes *playing the game with intention*. This means being deliberate with how you show up to each day. It means being purposeful with how you spend each minute. It means consciously engaging in behaviors that lead to habits that lead to your desired outcomes.

It is that ownership and intention, coupled with the connection to your purpose, that will help motivate you to vibrate higher and move the ball forward. You CAN do this. But you need to focus on it daily. You have to do the things covered in this worksheet. If you stick with this framework, you will see the change that you want in your life.

From writing about the new habit, to sharing it, to scheduling it, to doing it, to managing it, to getting a buddy – all of these things are essential to your success. When you follow these steps, you will be a master

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of change in your life. In a world where things are continually changing, and everything is so chaotic, the more you are able to focus and remain disciplined, the more happier you will feel and the closer you will get to the goal line.