

Game Changers: Five Strategies
For Eliminating Bad Habits;
Six Techniques for Installing Good Habits
Monday Call, October 15, 2012

- Makeover Monday Weekly Conference Call 8 PM CDT – 800-768-2983 Access Code - 4717417
- Tuesday Night Live (TNL) with Brett Duncan explaining how to broadcast Mannatech TNL in your own living room. 7:30 PM CDT at Mannatech Corporate Offices or www.mannatechlive.com
- Save the Date October 30 for your own XFM

Section of the book, "The Compound Effect" by Darren Hardy

First: Why do we need to do this?

Read "The Slight Edge" by Leo Weidner...your habits rob you of every ounce of life...if you let them, or if you don't...because they are on auto pilot.

Five Strategies for Eliminating Bad Habits:

1. Identify Your Triggers

- a. Look at your list of "bad" behaviors...those not serving you
- b. Figure out the "BIG 4's": the "Who" the "What" the "When" and the "Where"

Use the Bad Habit Killer Worksheet attached hereto to answer these. (can be downloaded free on www.thecompoundeffect.com)

- c. This exercise is to really get clarity of your ineffective habits. But obviously getting more clarity will never be enough...or you would have already made changes.

2. Clean House

- a. Get to scrubbing! If you want to stop drinking soda, get it out of your house now! If you want to eat healthier, take an evening to throw everything away in your kitchen that does not reflect health! If you want to stop drinking coffee, throw out the coffee maker and all of the filters, coffee and all paraphernalia supporting it.
- b. Get rid of anything that enables your ineffective habit (so even a snooze button alarm might need to be thrown out...think about it)
- c. Keeping anything that might even in the least way entice you can destroy you.

3. Swap It

- a. Look at each habit...in many instances habits need to be replaced...can not just stop. So what would you replace the "ineffective habit" with?
- b. Attached is my chart on replacement...fill it out.
- c. Ideas of what we have worked on...

4. Ease In

- a. Habits take time to form and sometimes have "infested us" for years. Give it adequate time to deplete them. It may take small steps for an extended time frame to unwind them.
- b. Examples: getting rid of caffeine habit

5. Or Jump In

- a. Not everyone is wired the same way...some take time to change, others can immediately acclimate to change.
This is truly a smaller group, but can be enlarged by high emotional involvement. Take for instance, if your father developed Alzheimer's due to aspartame consumption, you could immediately stop your Diet Coke habit on a dime. Or, if you had a heart attack, survived and then totally changed your diet and started exercising daily without missing.
- b. Hardy talked about his water skiing in Lake Rollins, in northern Cal. The water was freezing, but once he jumped in and got used to it, he loved the rest of the water skiing. But, it never changed...he knew that jumping in was drastic...but was the only true way. Taking the plunge was the only way...toe dipping just would never have done it.

Vice Check

1. To check on one of your habits to see if it is controlling you, just drop it for 30 days. See whether you can and how difficult it is. Then you will know...and take appropriate action.

Six Techniques for Installing Good Habits

John Maxwell once said: "You will never change your life until you change something you do daily. The secret of your success is found in your daily routine."

The clue to changing: awareness. Choose a good habit and bring out daily awareness of it.

1. Set yourself up to succeed

- a. Whatever the "bad" habit, set up road blocks to stop it.
Set up all elements of positive reinforcement to support the new habit.
2. Think Addition, Not Subtraction
 - a. "The Add In Principle": Instead of focusing on what you "have to" take out of your life, focus on what you can add back into your lives.
 - b. Example: break the habit of watching too much TV. Pick a hobby you really want to develop, and begin to focus your time and efforts on that new hobby (example: photography, or spending more time with your kids...incredible rewards because far more rewarding.).
3. Go for a PDA: Public Display of Accountability
 - a. In other words, having one buddy is good for support, but if you have sworn to change to many (friends, facebook, twitter, family), now you don't want to let them all down. Do you recognize that when it is just about us, we tend to think less of breaking a commitment? What is that all about?
4. Find a Success Buddy
 - a. Accountability partners are excellent so you can report daily, weekly on your commitment. Both parties should have a goal and support each other. Example: Lydia and I have joined LA Fitness to support each other, and with this book we are making new commitments.
5. Competition and Comraderie
 - a. How can you inject fun rivalry and a competitive spirit into your new habit?
6. Celebrate
 - a. There should be times to celebrate, have fun and enjoy as you hit milestones in the habit adoption process. Rewards are critical for reinforcement of behavior to engrain it into permanent behavioral habits.

BE PATIENT...adopting new habits takes time. "Science shows that patterns of thoughts and actions repeated many times create what's called a neuro-signature or a "brain groove" or a series of interconnected neurons that carry the thought patterns of a particular habit."

When you start a new habit, it starts weakening the groove of the old habit. But to establish the new habit, think of the need to drive deeper grooves until you replace the old ones.

Slight Edge: Change Your Habits... Change your Life

Habits Not Supporting Me	Replacement Habits