

THE HABIT TRANSFORMATION PROGRAM

Develop healthy, life long habits that will leave you looking, feeling & performing at your best.

START PROGRAM





INTRODUCTION

The Sphere
Health & Fitness Centre

www.spherefitness.ie



WE ARE CREATURES OF HABIT

We are creatures of habit.

We like routine and do well by following guidelines and advice.

On the flip side most of us do not do as well with strict rules. These usually mean restriction and limitation.

When it comes to nutrition, exactly the same thing applies.

Give someone a set of guidelines to follow, they do it; set strict rules and the chances are they will break the rules and just give up.

As the saying goes, rules are made to be broken.

For many people who are starting out on improving their nutrition, counting and tracking daily calories is a difficult task.

You may also not know what a calorie is, nor have any understanding of 'how much of what' is in the foods you eat. This can be a big learning curve, and one that can instantly put you off.

As a nutrition coach, I know calories matter in relation to your goals, so I might have certain food/nutrient requirements in mind for you.

And here's the thing – someone new to good nutrition does not need this amount of detail to see results.

We therefore need a different approach, and this is about providing guidelines and principles to follow, not rules.

Many people have acquired bad nutritional habits, and they practice these every single day, such as:

- Skipping breakfast
- Snacking between meals
- Drinking too much coffee instead of eating
- Adding sugar to drinks or snacks
- Buying takeaways rather than home cooking
- Drinking too much alcohol
- Staying up late and late night binge eating
- Many, many more bad habits

As you can see it's not just a case of counting calories or food logging, it's about breaking and improving habits.

By changing your daily bad habits for improved and healthy habits, the 'numbers' usually take care of themselves and impressive results can be achieved from this alone.



From experience there are a number of good habits that most people could do with forming, and then adhering to, every single day.

Unlike numbers that come across as rules, the new set of habits comes across as guidelines to simply follow and stick to.

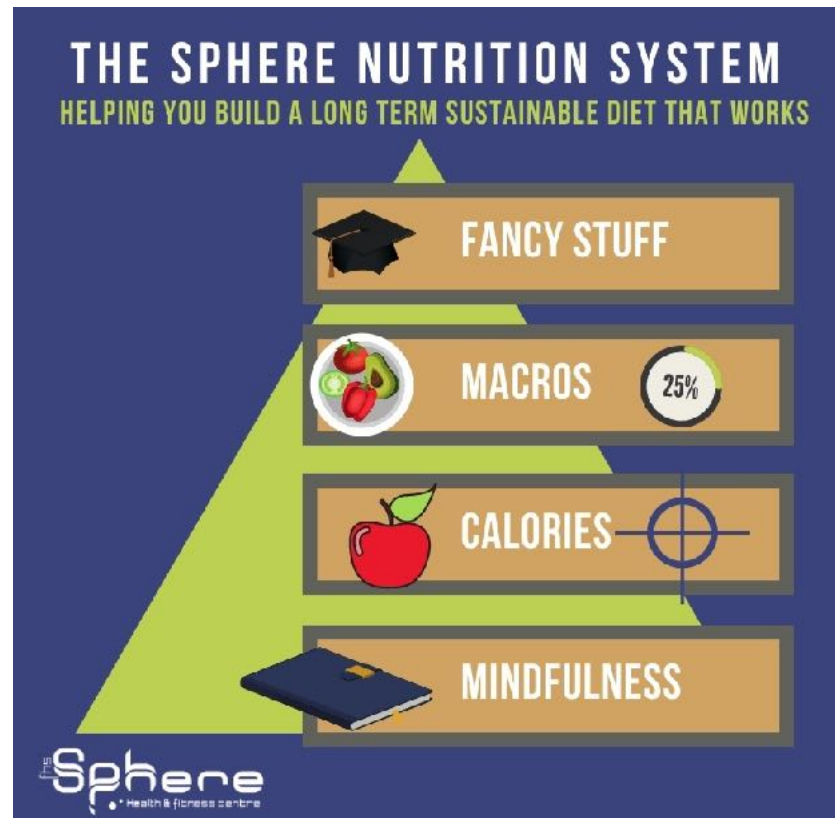
Experience has shown that great results can be achieved from this alone, and no numbers should be applied until these guidelines become daily consistent habits.

If you are thinking that this program is easy and that you know you should be doing this stuff, then it's time to make it happen. Don't underestimate the effectiveness of the basics when they are completed consistently. I've seen many clients achieve incredible results by following the habits in this program.

Most people have come to this point having failed at other things in the past. Why? They are asking you to change too much, too soon. Build a house on sand!

This approach is different but better, it has driven our results for years after years of failure forcing change down people's throats! That doesn't work.

Chase one rabbit at a time and understand the power of what you can INCLUDE to make your diet better than EXCLUDE



Everything needs a plan. Start with the base and build. Your house on a strong foundation of habits before moving to the fancy stuff!



STEP 1: ONE HABIT AT A TIME

Pick only one, easy habit that you can do each day. Make it ridiculously easy for you to follow.

You should be able to stick to this habit for at least 90% of the time. It should only take you one to two minutes to complete each day to begin with.

STEP 2: PERSONALIZE YOUR HABIT

Make the habit personal to you.

This is part of giving yourself options, and ensuring you can find the best starting point. Adjust the habit until you are comfortable with doing it.

STEP 3: WORK IN 14-DAY HABIT CHALLENGES

Follow a specific habit, which of course has been personalized to you, for 14 days. Every 14 days you should change the habit.

The habits you are using are building upon one another, so that with time this process leads to big results.

STEP 4: AIM FOR 6 DAYS OUT OF 7

Achieve the habit you've set for 6 days out of 7. Give yourself some flexibility every week.

Habit-based coaching is about MOMENTUM not perfection.

STEP 5: WEEKLY HABIT REVIEW

Conduct a weekly habit review. The goal here is to reflect on the past week or so of doing the habit.

Some key questions to ask are:

- What has it actually been like?
- What have you learnt?
- What do you appreciate?
- What obstacles have come up and are there ways to overcome them for the next week?

STEP 6: WEEKLY HABIT ADJUSTMENT

If all went well the week before, lengthen the habit you are doing. If you've struggled, keep it the same as last week or make it even easier.

Never make too big an adjustment so that it becomes too difficult.

This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change and discomfort.

Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

It is a good time to **check in and seek help/coaching too**



THE HABIT CHALLENGES

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THE HABIT CHALLENGE: DRINK FRESH WATER WITH EVERY MEAL

WHY?

Water is the most important nutrient in your diet. Nothing else comes close. Got your attention?

It's therefore a truly vital resource for the human body.

We know it is indispensable for life itself and provides essential functions for good health. In fact, it is the most widely used nutrient involved in the process and make up of the body.

Daily water intake is extremely important in helping to replenish water lost through bodily processes including urination, sweating and breathing.

When the water is not replaced, we become dehydrated. It's clear that even a small amount of dehydration can hold us back from being our best.

It's time to get hydrated!

HOW CAN I PERSONALIZE THIS HABIT?

Choose how much water you would like to start consuming with each meal and thus daily. If you're not used to drinking fresh mineral water, then start with a small amount with each meal, like 100ml. If you're used to drinking fresh water, then focus on increasing your consistency or slightly increase your normal intake.

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. Have one day off per week from completing the habit.

WHAT CAN I PIGGYBACK OFF OF?

It's likely the existing trigger to eat something will be the cue for this habit. It could also be linked to meal preparation if you like to bulk cook for days ahead. You can also prep your water for each meal then too. Just pick a pre-existing habit to use as your reminder.

TO DO:

Create your personal version of the habit to commit to this challenge!

HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will drink 250ml of fresh water with every meal for 6 days a week after I start to eat.

P.S. Don't worry about making this perfect. We'll help you adjust.



THE HABIT CHALLENGE: RECORD WHAT YOU EAT

WHY?

There is a lot of value in the actual act of recording what you eat.

It's a behavior that truly takes seconds to minutes a day to do, but each and every time you pull out your app or diary, you remind yourself of your healthy living desires and strategies.

It's through regular and conscious effects and reminders that new habits are formed, and any behavior that helps you to keep your goals and intentions at the forefront of your busy mind is a good one.

The point of this habit is awareness, not change. What I don't like about food logging is when it becomes punitive or judgmental. Food diaries aren't there to tell you what you are or aren't allowed. A food diary is simply a source of information to help inform your decisions, as well as an incredibly powerful habit-building tool. So this is NOT a calorie counting habit.

Recording what you eat isn't meant to replace your dietary strategy; it's there to supplement it. Whether you've been intermittently fasting, following a Paleo or low-carb plan, or even just doing your own thing, food logging, regardless of its imperfections, oversights, and shortcomings, may be just the thing you need to figure out why you might be stuck.

HOW CAN I PERSONALIZE THIS HABIT?

Choose how often you feel comfortable writing down what you eat. Is it for just one meal a day? Two? Just the snacks? Or all meals? Any amount will do. Choose how you'll write down what you eat. In a paper journal? In your progress log? On a food logging app? You won't have to share any of your notes. They're only for you.

The best way to think of a Food Journal is as a **Bank Statement**. It presents your 'budget' each day and gives you guidelines as to how to manage your intake and 'spend' your 'money' (calories).

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. You might want to track specific meals (just breakfasts, lunches, or dinners), or decide that journaling on paper is easier than an app for you.

Have one day off per week from completing the habit.

This is very important: whatever you pick, it should only take you one to two minutes to complete each day.



WHAT CAN I PIGGYBACK OFF OF?

Look for an event you can use as a reminder to write down what you eat: after your morning coffee, getting to work, after your workout, getting home from work, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

TO DO:

Create your personal version of the habit to commit to this challenge!

HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will record what I eat on paper for 6 days per week after I finish my last meal of the day.

P.S. Don't worry about making this perfect. We'll help you adjust.



Head to the Blog and Find out More ==>

<https://spherefitnessstudio.com/how-to-use-my-fitness-pal-infographic>



THE HABIT CHALLENGE: EAT EVERY 3-4 HOURS WITHOUT SNACKING

WHY?

One of the most important healthy eating habits you can create, is to ensure you eat with structure throughout the day, while being in-tune with your hunger and fullness cues.

By missing meals we tend to under eat, which leads to a lack of energy and performance.

Snacking can all also reduce our natural hunger cues and ruin our appetites. This can result in irregular eating patterns and lack of eating routine, normally resulting the extra consumption of unnecessary food. For some people, this is the key reason as to why they gain weight.

This habit will help you 're-connect' with your body. The connection you have with your body is the most precious thing you have. It is your past, present and future. Understanding how your body can work for you, and processing the knowledge to make it perform optimally, is the most important information you can ever learn.

HOW CAN I PERSONALIZE THIS HABIT?

Choose where your current biggest pitfall with this habit may currently lie.

Are you skipping meals throughout the day? If so, which ones in particular? Are you mindlessly snacking between main meals? And are you doing this on a weekday or weekend, or both?

Think about what area needs your focus and attention the most to help you achieve this daily habit and put some small changes into place to make it a success.

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. You might want to start with eating breakfast (or lunch or dinner) or focus on specific days (Saturdays and Sundays).

Have one day off per week from completing the habit.

This is very important: whatever you pick, it should only take you one to two minutes to complete each day.

WHAT CAN I PIGGYBACK OFF OF?

Look for events you can use as a reminder to eat every 3-4 hours: after your morning coffee, getting to work, after your workout, getting home from work, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

TO DO:

Create your personal version of the habit to commit to this challenge!

HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will eat every 3-4 hours without snacking for 6 days per week after I set reminders on my phone.

P.S. Don't worry about making this perfect. We'll help you adjust.



Having a meal plan is not mandatory. What can help though is mapping out a day in advance what you intend on eating



THE HABIT CHALLENGE: EAT LEAN PROTEIN WITH EVERY MEAL

WHY?

The word protein means 'of prime importance' – and protein is certainly important to health.

Its high thermic effect helps boost the metabolism, building lean muscle tissue and reducing body fat to make us look better. Despite it being a key nutrient for optimal body composition, many people are drastically under-eating protein.

High protein diets have occasionally grabbed the headlines for being unhealthy, but the research never holds up. This habit will show you the benefits of a higher protein diet, and how much you actually need.

HOW CAN I PERSONALIZE THIS HABIT?

Choose which sources of protein you would like to eat, and in what quantities. If you never eat protein with meals, then start with a small portion per meal. If you're used to eating a higher protein diet, then focus on increasing your consistency to eating the recommended portion sizes each meal.

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. Have one day off per week from completing the habit.

WHAT CAN I PIGGYBACK OFF OF?

It's likely the existing trigger to eat something will be the cue for this habit. It could also be linked to meal preparation if you like to bulk cook for days ahead. Just pick a pre-existing habit to use as your reminder.

TO DO:

Create your personal version of the habit to commit to this challenge!

HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will eat protein with every meal for 6 days a week after I decide to eat/cook.

P.S. Don't worry about making this perfect. We'll help you adjust.



PROTEIN



Greek Yoghurt:
25g per cup



Cottage Cheese:
14g per 1/2 cup



Eggs: 6g per 1 egg



Milk 2%: 8g per 1 cup



Whey Protein:
24g per scoop



Steak: 23g per 3 oz/85g



95% Lean Beef: 18g per 85g



Pork Chop: 26g per 3 oz



Chicken Breast: 24g per 3 oz



Turkey: 24g per 3 oz



Halibut/Tuna/Salmon/Cod: 24g per 3 oz



Navy Beans: 20g per 1 cup



Deli Beef: 18g per 3 oz



Quinoa: 8g per 1 cup

A 3oz serving is roughly a male palm



THE HABIT CHALLENGE: EAT FRESH VEGETABLES WITH EVERY MEAL

WHY?

By eating a wide variety of fruit and vegetables, you'll get a ton of micronutrients, also known as vitamins and minerals.

These are potent; indispensable compounds that make your body work properly. They boost our health and vitality while promoting growth, reproduction and energy.

Just as 'macro' was given to the term to suggest the majority, 'micro' is given to this set of nutrients to suggest a much lower quantity.

The more handfuls of spinach, sides of carrots or pieces of fruit you eat daily, the more effectively you are improving your body. By simply eating fresh fruit and vegetables, you get heaps of calcium for your bones, iron for your blood and vitamin C for your immune system.

You do this by adding nutrient-dense leafy greens, seasonal vegetables, fruit and berries to your plate at every meal. It will make you feel sharper, stronger and more capable than ever.

HOW CAN I PERSONALIZE THIS HABIT?

Choose which sources of fruit and vegetables you would like to eat, and in what quantities. If you never eat fruit or vegetables with meals, then start with a small portion each meal. If you're used to eating a lot of fruit and veg, then focus on increasing your consistency to eating the recommended portion sizes each meal.

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. Have one day off per week from completing the habit.

WHAT CAN I PIGGYBACK OFF OF?

It's likely the existing trigger to eat something will be the cue for this habit. It could also be linked to meal preparation if you like to bulk cook for days ahead. Just pick a pre-existing habit to use as your reminder.

TO DO:

Create your personal version of the habit to commit to this challenge!

HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will eat fresh vegetables with every meal for 6 days a week after I decide to eat/cook.

P.S. Don't worry about making this perfect. We'll help you adjust.



7 WAYS TO MAKE HEALTHY EATING CONVENIENT

What can I **ADD**, rather than **REMOVE**, to make a better choice? e.g. Can I add an apple to my lunch or a bottle of water? Focusing on removing items creates negative relationships with foods. Check out the blog for more articles...



THE HABIT CHALLENGE: EAT CARBOHYDRATES BASED ON ACTIVITY

WHY?

Everyone can and should have carbs in their diet.

That's because they can provide some awesome benefits: increased metabolism (better fat loss and health), full glycogen stores (more energy), increased leptin levels (controlled appetite and fewer cravings), improved libido (you know about this one) and increased anabolism (more muscle mass/strength).

Without carbs, we are missing out on some great performance and health potential. It makes sense to include carbs in your diet.

It's also clear that the carbohydrates we do include in our diets should provide the fuel for activity. By getting this input of energy vs. output of energy right for you, significant weight reduction can occur.

This habit will show you how to keep carbohydrates in your diet, while still achieving your fat-loss goals.

HOW CAN I PERSONALIZE THIS HABIT?

Choose which sources of carbohydrates you would like to eat, and in which meals. Follow the basic guidelines to help you:

Low activity level (no daily movement or weekly workouts):

1 carb-based meal per day

Moderate activity level (daily movement or weekly workouts):

2 carb-based meals per day

High activity level (daily workouts or physical job):

3-4 carb-based meals per day.

It's recommended that you eat your carb-based meals around any workouts or training throughout the week e.g. before and after. You can also alternate between these three levels depending on your activity level that day.

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. Have one day off per week from completing the habit.

WHAT CAN I PIGGYBACK OFF OF?

It's likely the existing trigger to eat something will be the cue for this habit. It could also be linked to meal preparation if you like to bulk cook for days ahead. Just pick a pre-existing habit to use as your reminder.

TO DO:

Create your personal version of the habit to commit to this challenge!

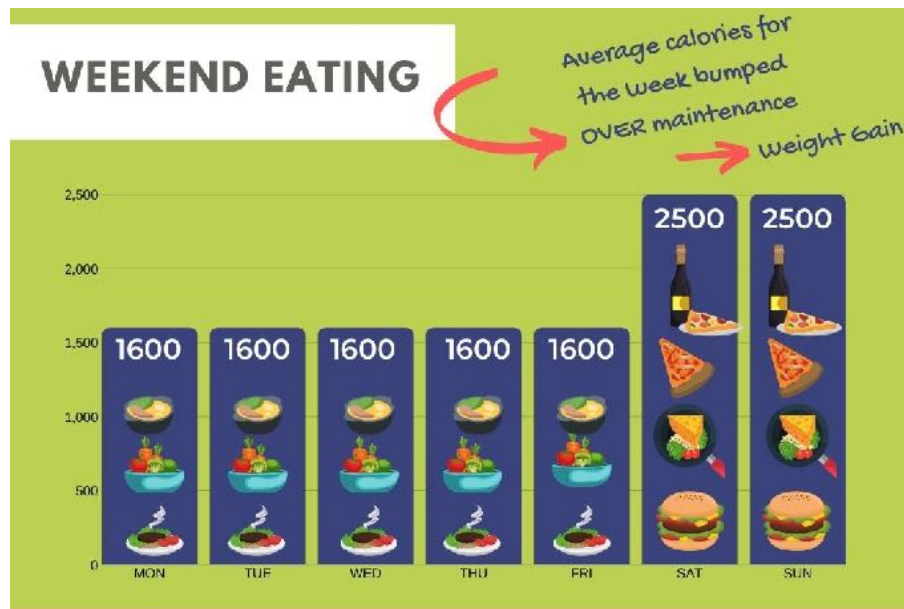
HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will eat 2 carbohydrate-based meals for 6 days a week after I complete my daily exercise.

P.S. Don't worry about making this perfect. We'll help you adjust.



TIP - weekends should look quite similar to your weekdays based around structure and a routine. Weekend blow outs can really tip your calories out over the WEEK leading to weight gain or maintaining your weight.



THE HABIT CHALLENGE: EAT HEALTHY FATS WITH EVERY MEAL

WHY?

Here are some interesting benefits we see from including fat in our diet:

- Fat is an energy source
- Fat can keep you fuller for longer
- Fat is a key player in managing inflammation
- Fat can improve your hormonal profile
- Fat is high in certain vitamins and minerals

When looking at the metabolic processes and their ability to supply energy, it is very clear that fat is an essential component to anyone's diet.

HOW CAN I PERSONALIZE THIS HABIT?

Choose which sources of healthy fats you would like to eat, and in what quantities. If you've been avoiding healthy fats up to now, then start with a small portion each meal. If you're used to eating a higher fat diet, then focus on increasing your consistency to eating the recommended portion sizes each meal.

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. Have one day off per week from completing the habit.

WHAT CAN I PIGGYBACK OFF OF?

It's likely the existing trigger to eat something will be the cue for this habit. It could also be linked to meal preparation if you like to bulk cook for days ahead. Just pick a pre-existing habit to use as your reminder.

TO DO:

Create your personal version of the habit to commit to this challenge!

HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will healthy fats with every meal for 6 days a week after I decide to eat/cook.

P.S. Don't worry about making this perfect. We'll help you adjust.



THE HABIT CHALLENGE: IMPROVE YOUR SLEEP ROUTINE

WHY?

Understanding the power of sleep and how to get as much high quality sleep as possible is one of the healthiest things you can do.

We can all relate to how loss of sleep can take its toll on our energy, mood, decision-making and ability to handle stress.

Sleep should therefore be your top priority.

Many people try to sleep as little as possible, but just as exercise and nutrition are important to look and feel your best, so is sleep.

No other activity delivers so many benefits with so little effort. Sleep has a direct correlation to the quality of your waking life.

HOW CAN I PERSONALIZE THIS HABIT?

Take a look at your current sleep routine, especially how many hours of sleep you get on average per night. Do you sleep 5 or 6 hours per night? Or 7-8 hours? What about on weekends? At what time do you get to bed each night? How would you rate the quality of your sleep? Choose one key area to focus on and make a daily habit to improve it.

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100%

confident you can do for 6 days of the week. You might want to aim for a specific time to get into bed for e.g. 10pm, or you might want to aim for a certain length of sleep each night e.g. 8 hours. Have one day off per week from completing the habit.

WHAT CAN I PIGGYBACK OFF OF?

Look for an event you can use as a reminder to improve your sleep routine: after putting the kids to bed, after brushing your teeth, after watching your daily TV series, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

TO DO:

Create your personal version of the habit to commit to this challenge!

HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will sleep 8 hours per night for 6 days a week after I have put the kids to bed.

P.S. Don't worry about making this perfect. We'll help you adjust.



THE HABIT CHALLENGE: EAT SINGLE INGREDIENT FOOD

WHY?

The type of food you eat will have a massive impact on your end results.

Overeating, along with the consumption of over-processed foods, is ruining people's health.

Many processed foods are packed with sugars, artificial sweeteners, preservatives and other manmade chemicals. Nobody feels good eating this stuff.

Making the correct food choices is a must if you want to support your goals.

This habit challenge will show you the benefits of single ingredient foods.

HOW CAN I PERSONALIZE THIS HABIT?

Choose where your current biggest pitfall with this habit may currently lie.

Are you eating a lot of processed meals or foods? If so, which ones in particular? And are you doing this on a weekday or weekend, or both?

Think about what area needs your focus and attention the most to help you add more single ingredient foods to your diet and put some small changes into place to make it a success.

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. You might want to start with eating a 100% single ingredient breakfast (or lunch or dinner) or focus on specific foods you always eat e.g. replace snacks like crisps for an apple.

Note: The goal here is not to eat only single ingredient foods 100% of the time. To help you get this balance right is to follow the 90% rule. So for every 10 single ingredient foods you eat, have one that doesn't match the rules. The same applies if you are only following this habit 70% of the time, so 7 times out of 10. If you want to see further progress this needs to increase to 80% and then 90%.

WHAT CAN I PIGGYBACK OFF OF?

It's likely the existing trigger to eat something will be the cue for this habit. It could also be linked to meal preparation if you like to bulk cook for days ahead. Just pick a pre-existing habit to use as your reminder.

TO DO:

Create your personal version of the habit to commit to this challenge!

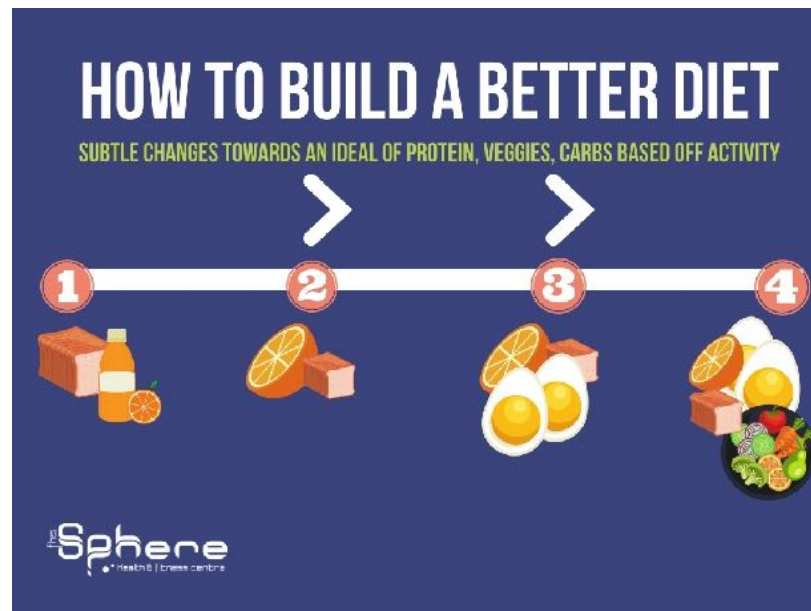
HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will eat a single ingredient breakfast and lunch for 6 days per week after I decide to eat/cook.

P.S. Don't worry about making this perfect. We'll help you adjust.



TIP - Make subtle changes that STICK



THE HABIT CHALLENGE: IMPROVE GUT HEALTH

WHY?

In today's busy society, it's our lifestyles, nutrition and environment that hold us back and put negative strain on most of our body's systems. The digestive system is one of these systems.

There is a strong argument from alternative medical practitioners that the food we eat is a frequently overlooked origin of disease.

With a food allergy or sensitivity, the problematic food can set up a cascade of immune and chemical reactions in the body, usually within days (if not minutes) of ingestion. If this food is continually consumed over time, it can cause an on-going inflammatory reaction on the lining of the intestines, which can result in the lining becoming unhealthy.

Our gut prevents dangerous toxins and compounds getting in whilst the foods and water we consume to enter the body. When our gut is not working optimally, or is in a state of distress, these dangerous compounds can enter our system, yet the body will not fully absorb key nutrients from food.

The goal of this habit is to simply create more awareness of how the food you eat impacts your overall health and daily well-being.

HOW CAN I PERSONALIZE THIS HABIT?

It can be difficult to find trigger foods, but as you become more in tune with your body, you'll begin to notice which foods work best and which slow you down. Do you ever suffer from stomach cramp, bloating, wind, fatigue, skin reactions after eating a certain food or food group? If so, then you should make your habit to not eat that problematic food for the next 14 days.

If you still don't know where to start for this habit, you should eliminate just one of the following common offenders:

1. Gluten (think bread, pasta and most flour based products)
2. Dairy (think milk, cheese, cream)

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. Have one day off per week from completing the habit.



WHAT CAN I PIGGYBACK OFF OF?

It's likely the existing trigger to eat something will be the cue for this habit. It could also be linked to meal preparation if you like to bulk cook for days ahead. Just pick a pre-existing habit to use as your reminder.

TO DO:

Create your personal version of the habit to commit to this challenge!

HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will not eat gluten-containing foods for 6 days a week after I decide to eat/cook.

P.S. Don't worry about making this perfect. We'll help you adjust.



THE HABIT CHALLENGE: REDUCE STRESS

WHY?

A common theme I see amongst those with high stress levels is a lack of results when trying to change their body. Stress holds us back from being the best that we can be.

In a very similar way to poor sleep, it can put the brakes on progress, even if training and nutrition are spot-on. Of course, we all suffer stress at some point in our lives. We are involved in regular stressful life situations, including exhausting work schedules.

Stress is a burden on the body, and if it becomes chronically elevated and prolonged, we can end up massively fatigued and run down. That's when it can put a halt to any body composition changes. What we don't always realize is the potential damage stress is doing to the inside of our bodies and how it affects our health.

HOW CAN I PERSONALIZE THIS HABIT?

Assess the stressful areas of your life. Family, friends, career and money issues can all be stressful issues at times, and it's important to manage these as much as possible. Find the root

cause(s) of stress and then put a simple daily habit into place to reduce, manage or eliminate them.

I highly recommend practicing the art of **daily meditation** for this habit. It is one of the most effective ways at reducing overall daily stress levels. The **CALM app** is the best place to start and they have FREE 7 day plans to get you started with the full paid licence only €49 for the year.

Other habits could be taking more regular breaks at work, or getting more exercise in daily, or socializing more with friends and family.

Remember to relax, laugh, sleep and have sex as much as possible, as these reduce stress levels in the body. Reduce the main stressors in your lifestyle and remember not to take life too seriously all the time.

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. Have one day off per week from completing the habit.



WHAT CAN I PIGGYBACK OFF OF?

I highly recommend finding a trigger in the time you choose to meditate. I would however recommend you start meditating in the mornings. Why? Because if it's later in the day, it can usually get pushed back when other things get in the way. Choose a trigger that's already in your daily routine that you're going to tie the habit to. Examples: waking up, drinking your first cup of coffee, eating breakfast, brushing teeth, showering, using the bathroom in the morning, opening your computer for the first time, arriving at work.

TO DO:

Create your personal version of the habit to commit to this challenge!

HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will complete 2 minutes of meditation for 6 days a week after I eat my breakfast.

P.S. Don't worry about making this perfect. We'll help you adjust.

