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Atomic Habits, Quantum Results: An Approach Based on Atomic Habits by James Clear

A Habit - the compound interest of self-improvement. Maintain a focus on 2-5 years out.

Why Tiny Changes Make Big Differences....

- *Minor changes give you a sense of control over life.*
- *And with continuity of practice, they'll compound in to remarkable results.*
- *The quality of our habits determine the quality of our life.*
- *Same habits - same results. Different Habits (even small changes in habits) yield different results. You can row as hard as you can but what if you're in the wrong boat?*
- *Create within you a culture of progress rather than competition. Just be better than you last week.*

Referencing the Farmer Story...Do you have a headline version in your life similar to this... what small change is possible for you that will get you where you'd like to go...

What Areas Of Your Life Could You Improve Right Now? What Do You Know To Do More Of (that yields happiness, energy, vitality, peace, a sense of integration)

What You Know You Need To Do Less Of) - (takes energy away, disrupts your sense of peace, vitality, and connection)



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To achieve any outcome, you have to “become” the outcome. Start this now. Reverse engineer the destination. These habits are for a lifetime, not just a week, six weeks, a few months etc. Think about the Mango Tree Story.

Understanding the process of habituation...

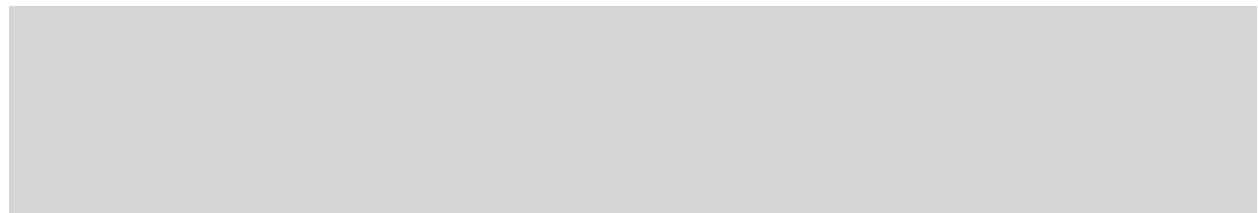
CUE → CRAVING → RESPONSE → REWARD → HABIT

But what are the thoughts and feeling and beliefs underpinnings the behavior that sets up the habit?

Name two habits you wish to change. What do you think are the thoughts and feelings behind these habits? *

1. _____

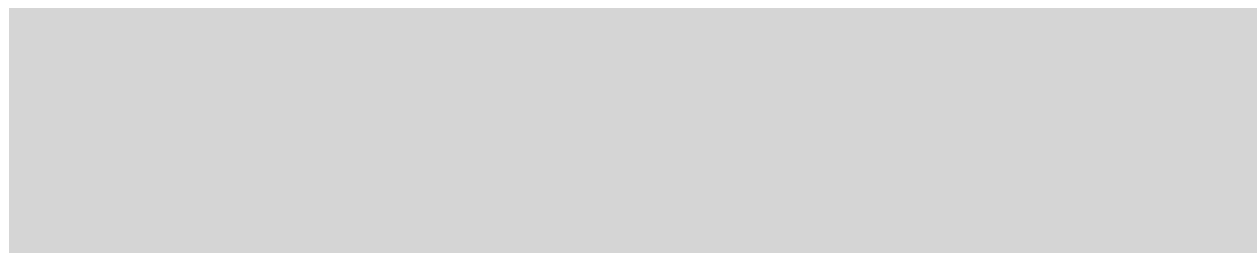
2. _____



Name two habits you wish you could develop. What you think are the thoughts and feelings behind these habits? *

1. _____

2. _____



**You can do more on your own time.*



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Small changes compound in either direction. Good habits done daily compound - 1% improvement each day become a 37 fold improvement a year out. The converse is also true. A bad habit performed non-consciously will take us to zero if it runs amok. ***The challenge for most of us is that change comes slowly and we often derail our progress before we see results.*** We often don't have a powerful enough driver to keep us going through the challenging times and that quiets our desire for immediate results. For example: James Clear refers to this as the plateau of latent potential.

Focus on the fix and alternative solution; You're already resourceful. How do you get around or do the things you don't want to do? What are your avoidance strategies? IG, FB, eating..etc?

How We Go About Things - Popular accounts of the human experience and inherent looping.

AUTOBIOGRAPHY IN FIVE SHORT CHAPTERS

by Portia Nelson

Chapter 1

I walk down the street. There is a deep hole in the sidewalk
I fall in. I am lost ... I am helpless. It isn't my fault.
It takes me forever to find a way out.

Chapter 2

I walk down the same street.
There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again.
I can't believe I am in the same place but, it isn't my fault.
It still takes a long time to get out.

Chapter 3

I walk down the same street.
There is a deep hole in the sidewalk. I see it is there.
I still fall in ... it's a habit. my eyes are open I know where I am.
It is my fault. I get out immediately.

Chapter 4

I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

Chapter 5

♦
I walk down another street.



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Let's Do This:

"Courage is the price that life exacts for granting peace." Amelia Erhart

1st Law - Make It Obvious

2nd Law - Make It Attractive

3rd Law - Make It Easy - Stacking 1% Gains

4th Law - Make It Satisfying

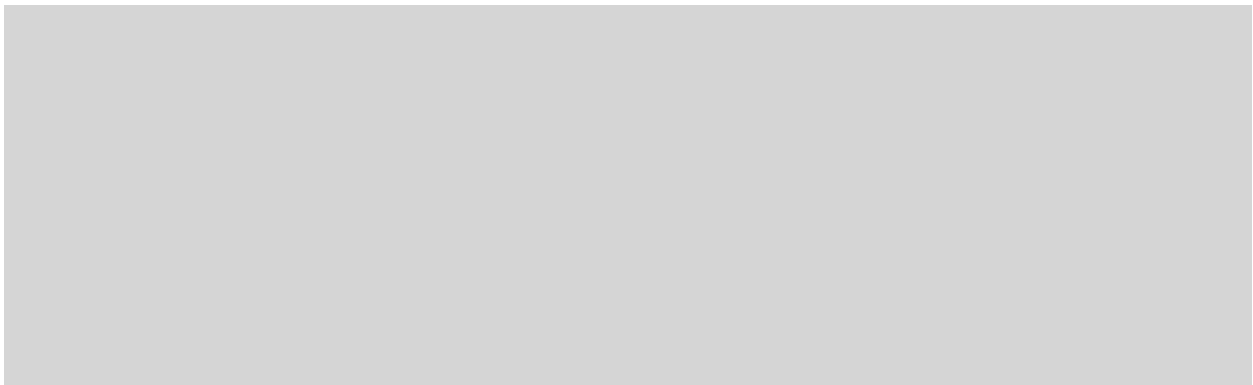
Mindset: "Moving From Good To Truly Great" "Mediocrity to Exceptional" Why settle for good when you could ask for exceptional?

ACCESSING POTENTIAL

Here is where we define and make this future identity an achievable reality! What new capabilities will you need to achieve this vision? What are habits of someone who is already there?

Define the characteristics and behaviors of someone who is already there. What can you picture yourself doing as a result of already being there. What are your daily habits that are already automatic and that support your effortless maintenance of this new level of being?

What new habits support your ongoing progress to achieving your goals? How do they make you feel when you stick to them? Can you envision the impact these new behaviors may impact those who matter to you?





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"And the day came when the pain of remaining the same exceeded the fear of change."

- from If life Is A Game, These Are The Rules-

What might get in my way of establishing these new habits? Identifying obstacles in advance will bring them into your awareness so you can develop strategies to get through them. You can leverage the Clarity Exercise to reconnect with your vision and why it's important to you to create the energy and drive necessary to override the default patterns that keep you from developing new habits that get you to your goal.

