

The Science Of Success

ACTIVITY SHEET



Given that unwanted and unhealthy habits typically occur in response to emotional discomfort, stopping a particular behaviour creates an emotional void that needs filling. For this reason, people who give up one bad habit often go on to take up another. To experience true freedom, problematic behaviours need to be intentionally replaced with new healthy habits. However, new habits can be just as hard to develop as bad habits are to overcome. Nevertheless, transformation is possible through the renewing of your mind.



PROGRAM OBJECTIVES

This session is designed to help you:

- (a)** develop a new habit mindset
- (b)** discover and implement the “magic formula” for new habit formation
- (c)** comprehensively understand how to use internal and external triggers to your advantage

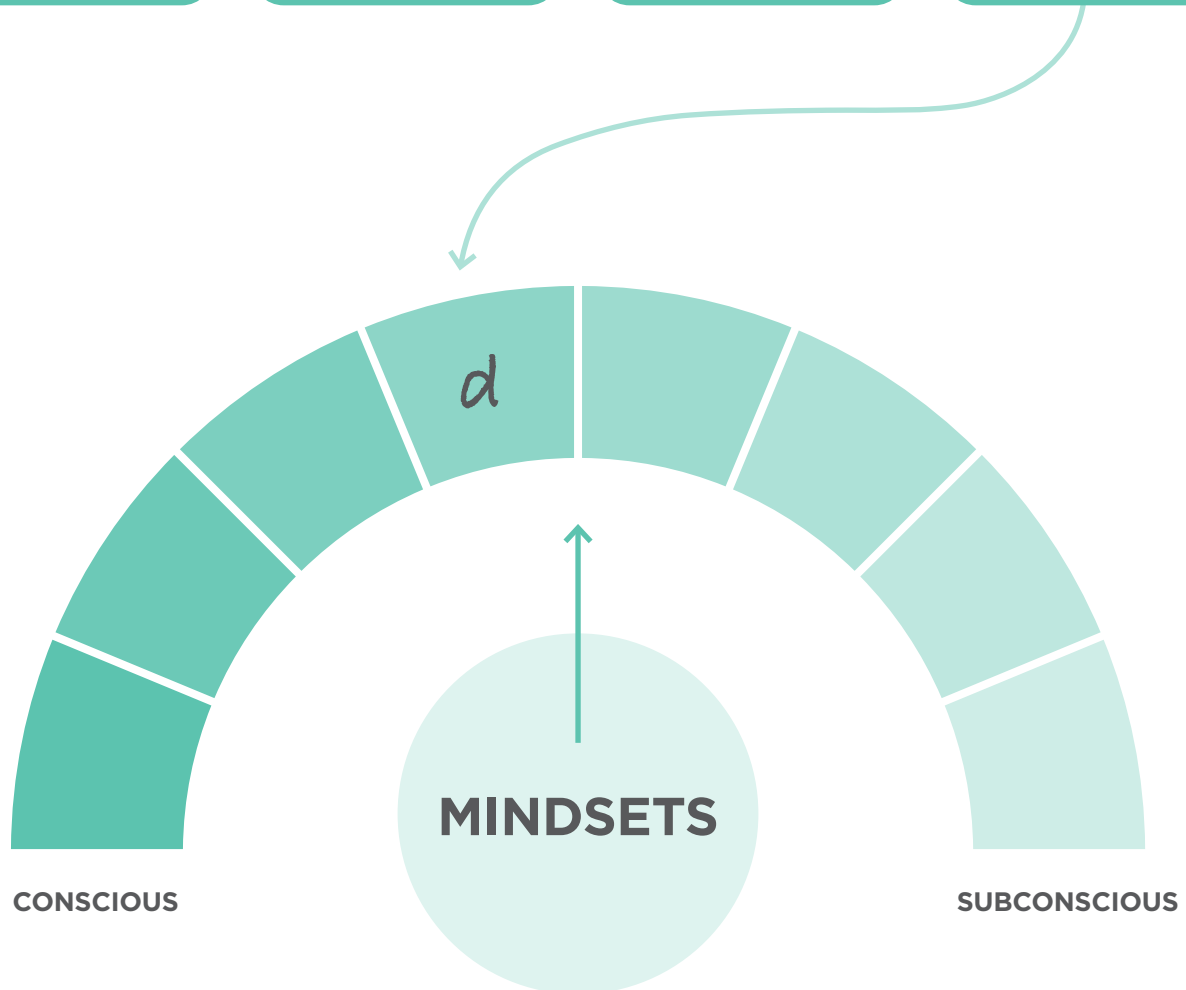
Healthy Habit Mindset

Behaviours only really become 'habits' when they start being executed on autopilot (without the need to consciously think about what you're doing). Yet, it takes time for your behaviour to become locked in subconsciously. As behaviours become second nature, a habit is no longer just something you do, rather it becomes a part of who you are. This is what transformation looks like.



Which of the following behaviours require your conscious versus subconscious attention:

S Having another bite of your breakfast while on Instagram	I Deciding what to wear for your big night out	N Looking for your car keys, phone or wallet	E Scratching an itch, cracking knuckles or biting nails
S Driving to work, changing gears or indicating	T Cursing when having dropped and cracked your phone	M Ordering dinner from an à la carte menu	D Heading off to the gym when you don't feel like going



Magic Formula

Research shows that discipline is achieved through continued practice, which over time builds confidence. Discipline is like a magic trick that must be carefully planned and patiently practiced until the performance is seamless and mesmerising. But no magic trick is performed without first saying 'the magic word' - TDAR!

T = trigger

D = desire

A = action

R = reward, result, relief

MAGIC FORMULA DECONSTRUCTED

Regular rewards, results or relief will reinforce a particular behaviour (that over time will become a habit). The reward comes about because of a behavioural action that's been taken. The action is brought on by a desire which is awoken by an internal or external trigger. TDAR!

“IF YOU DON'T FILL THE HOLE YOU JUST CLIMBED OUT OF, YOU'RE LIKELY TO FALL BACK INTO IT”

Time Triggers

Setting a time trigger is more than scheduling appointments and setting alarm notifications to remind you of these appointments. Time triggers may start out that way, but the ultimate goal is to cultivate time triggered subconscious rhythms to live by. Subconscious rhythms develop over time with disciplined rehearsal and repeat practice. You too can establish time triggered subconscious rhythms in almost every aspect of your life, including to help your business survive, help keep your health and fitness alive, help your marriage revive and your family to thrive.



Identify time triggers you can implement to develop healthy habits in the following areas:

FAMILY

- Relationship Building
- Connection Rituals
- Instilling Values

TIME TRIGGER

Day of Week:
Time of Day:

What desire/action/result do you hope to trigger?

FAITH

- Church Engagement
- Prayer, Worship, Tithes
- Bible Study

TIME TRIGGER

Day of Week:
Time of Day:

What desire/action/result do you hope to trigger?

FITNESS

- Exercise
- Rest, Sleep, Sabbath
- Nutritious food

TIME TRIGGER

Day of Week:
Time of Day:

What desire/action/result do you hope to trigger?



FUTURE

- Personal Development
- Learning/Education
- Experience

TIME TRIGGER

Day of Week:
Time of Day:

What desire/action/result do you hope to trigger?

FINANCE

- Budgeting/planning
- Saving/Spending
- Investing

TIME TRIGGER

Day of Week:
Time of Day:

What desire/action/result do you hope to trigger?

Location and Event Triggers

Location and event triggers can bring out the best or the worst of habits in you. When triggers are UNPLANNED, they may elicit unwanted or unhealthy habits. For this reason, it's important to be intentional.



Which UNPLANNED locations or events might trigger unhealthy habits in you? ✓

Travelling away from home		No food in fridge		Location of food outlet	
Argument/Disagreement		Cut off in traffic		Song on Radio	
Candy at the checkout		Pub/Bar/Tavern		Morning school rush	

If you can plan in advance for a location or event to trigger a specific desire, action and reward EVERY DAY, it won't be long for patterns of behaviour to become predictable.

Which of the following planned locations or events might trigger healthy habits: ✓

Music playlist in car		A weekly Sabbath		Your favourite café	
Food prepared in advance		The beach		Evening dinner table	
Going to church		Prayer closet		Morning walk/Run/Ride	

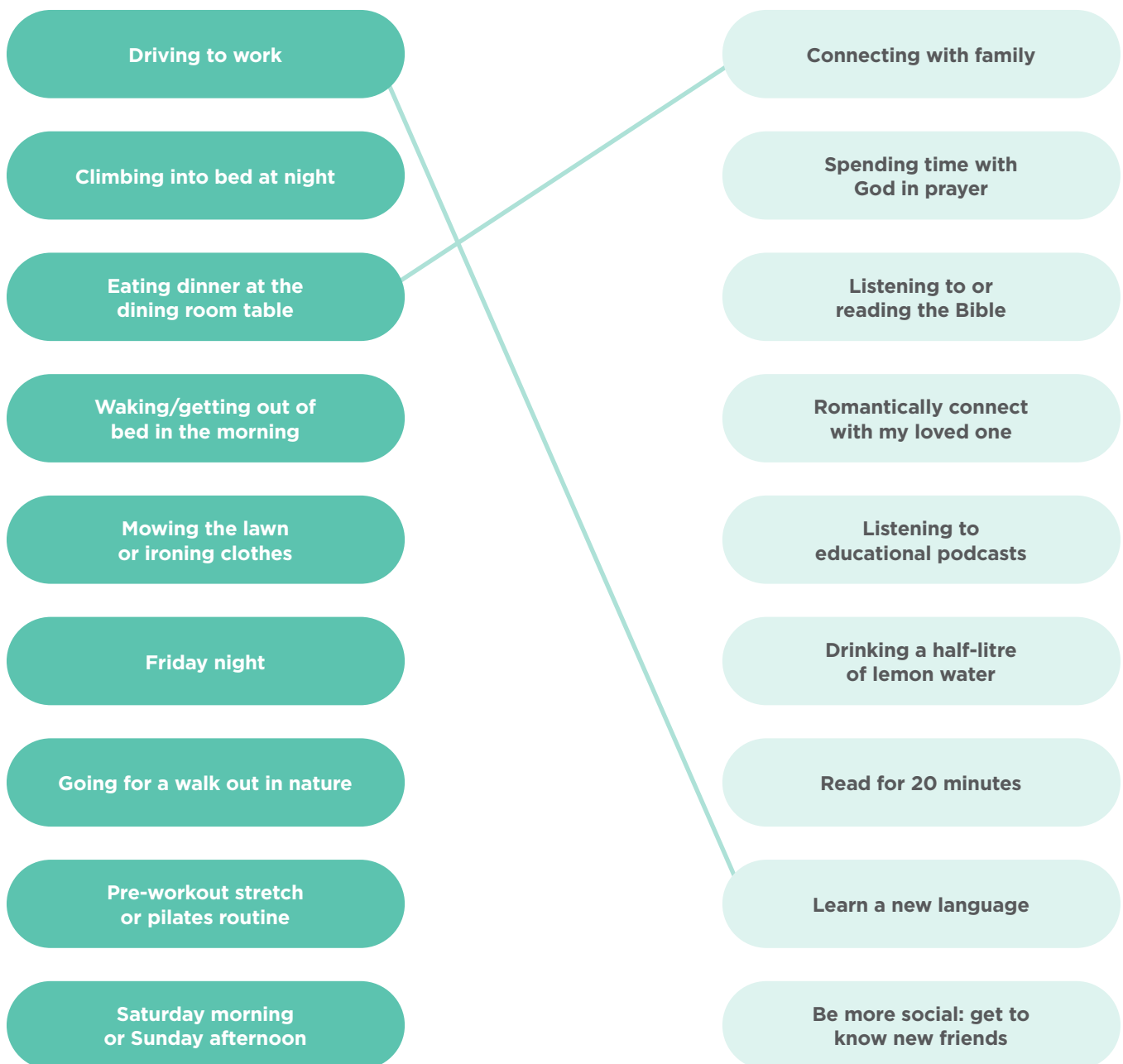
DESIRED OUTCOME:	LOCATION OR EVENT TRIGGER
Leave for school/work with a full charged phone	EXAMPLE: When going to bed, plug your phone in to a charging outlet
Exercising more	
Going to bed earlier and/or waking earlier	
Not buying unnecessary groceries at the store	
Remembering to take a healthy packed lunch	
Spending time with God	

Mix and Match

One of the easiest ways to develop a new habit, is to link it to, combine it with, or stack it on to an already existing time, location or event triggered habit. In other words, when doing A, add B. It may be doing both activities at the same time, or one immediately after the other. However, in order for this to work, newly desired habits need to be paired with an appropriate match.



From the mix of existing and desired habits below, identify the most appropriate match.



CAPITALISE on Existing Habits

When wanting to habitually practice healthy habits on a consistent daily basis, consider what pre-existing habits you may be able to link to, combine with or stack on. Identify habits that you engage at the same time, in the same place or in the same way every day (triggered by time, location and event). Then, determine whether your newly desired habit could be engaged at the same time or immediately thereafter.



Select a time of day that would be suitable for engaging a newly desired healthy habit. Then identify, what everyday habits do you already engage at the same period time of day that you may be able to link, combine or stack your newly desired habit on to. Come up with a habit stack idea that helps you best capitalise on the existing habit.

MORNING

NEWLY DESIRED HABIT

(Example: Committing to memory Bible Verses, spelling words, math formulas or important exam facts)

PRE-EXISTING HABIT

(Example: Brushing your teeth in the morning)

HABIT STACK IDEA

(EXAMPLE: Write or tape key details to the bathroom mirror to read and rehearse while brushing your teeth)

AFTERNOON

NEWLY DESIRED HABIT

PRE-EXISTING HABIT

HABIT STACK IDEA

MORNING

NEWLY DESIRED HABIT

PRE-EXISTING HABIT

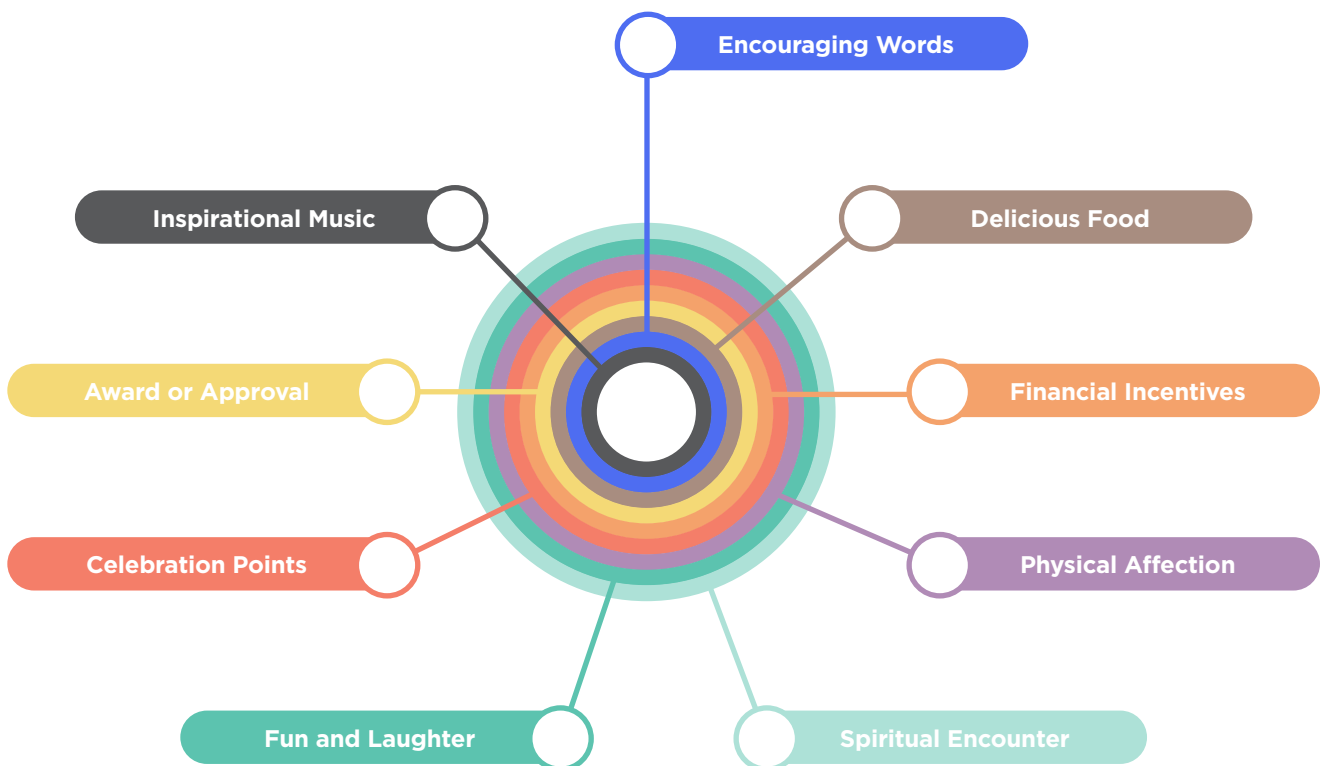
HABIT STACK IDEA

Emotional Triggers

The emotion of 'desire' is at the heart of the magic TDAR formula. Your desire to do something serves not only as a trigger for action, but also sustains behavioural change. The triumphant emotion that accompanies success, as well as positive emotions that accompany celebration, both serve to help a conscious behaviour become a subconscious habit.



Identify the external cues that best elicit an emotional response within you: ✓



Q: How can you intentionally set yourself up to experience these emotion producing cues to help (a) trigger and (b) maintain new healthy habits?

People Triggers

Research shows that we tend to adopt the habits of those we hang around. This, of course, can be constructive or destructive for the development of healthy habits. The people we hang around can either trigger or terminate a desire within to engage and maintain constructive behaviour. The good news, however, is that you are not merely the passive recipient of influence; you too can have a profound influence on others. You can either be changed by those around you or be the change others so desperately need.

If your goal is to become fit and healthy, you will be required to develop a healthy exercise habit.

01

For conscious exercise to become a subconscious habit, you have to repeatedly rehearse 'fitness behaviour'.

02

Making a commitment to exercise with others serves as an external motivator. However, less is more. The more people in the group, the less accountable you become.

03

To really go the distance, put yourself in a position where you're indispensable. Don't just meet with the group, plan to pick someone up on the way... someone, who is now depending on you.

04

Having others depend on you serves not only to drive and motivate you, in upholding your responsibility, you drive and motivate others also. You are now influential.

05

Beyond being a trigger, motivator and accountability regulator, having people with you on the journey towards sustainable change, allows you to celebrate significant milestones together.

06

TDAR

Identify a CORE healthy habit that you would like to develop. What specific time, location, event, emotion or people triggers could you set up that will elicit a desire, intended action and reinforcing reward. Record your answers in the spaces provided.

TARGET HABIT

01

TRIGGER

02

DESIRE

03

ACTION

04

REWARD