

MAKE
IT A
HABIT
LIST

The OVERALL STEPS

The GOAL: To stay consistent in what you say, think, feel and the actions your take so that your brain forms new neural pathway which will help automate your success habits.

The PROCESS: The most important thing you can do in creating a habit is to be consistent. So, pick your affirmation, plan your month out in what you are going to do, and STAY POSITIVE and CONSISTENT.

Pick what habit or goal you would like to create. Please note that if you start out with a small goal that you know you can achieve, you will be able to:

- 1) Get your process down.
- 2) Have more confidence.
- 3) Be able to achieve it quickly.
- 4) Be able to repeat the process easier for your bigger goals.

Although the overall way for people to create habits is fairly similar, each person has their own idiosyncrasies. By starting out with a small goal, you're able to adjust those and have your mind learn the habits of success within your energy. You will be able to:

- Practice course of actions
- Build your confidence
- Practice being consistent when working on a goal
- Have a repeatable success pattern developed.

REMEMBER: Habits are formed through thoughts, words, action, energy, mindset, confidence, persistence, work and consistency.

The List to Make it a Habit

- Pick your target or goal
- Write down IN DETAIL what your goal entails including how you would feel when you have achieved it.
- Research different people that have achieved your goal to see what paths they took. When someone has done it before you, you can learn the easy ways to get there and the pitfalls to avoid.
- Plan out IN DETAIL each step of how you'll achieve your goal.
- Calendar it. Figure out how long it will take to achieve each item and then mark each mini-goal on your calendar.
- Figure out a way to inspire yourself throughout this process. Little pats on the back, inspirational videos, or mini-celebrations can help you keep going.

Now that you have the foundations done, design how will create those new neural pathways:

- Create an affirmation that you can say everyday. It might be a phrase or two or three sentences. Don't make it too long. You want your brain to be able to "grab" it quickly when thinking about this goal.
- Pick your motto for this timeframe.
- Remember to keep your thoughts and words positive.
- Make sure that you connect joy and happiness to thoughts of achieving this aspiration. Create mental images that you can go back to over every day for 30 days.
- Create a 3 minute or longer visualization that incorporates your joy, and either the moment you will be achieving this goal or each step along the way (for instance if you are an athlete and you need to incorporate muscle memory.

The EVERYDAY TO DO LIST

- Say your affirmations every day
- Visualize in detail achieving your dream.
- Continue each day's point from The 5-Day BEST LIFE Challenge
- Do the details that you put on your calendar from your overall plan.
- Keep positive
- Inspire Yourself
- Check each day off on your 30 day calendar.

OR

Click on the video on the
Make It A Habit Day of
The 5-Day BEST LIFE Challenge



or
The Make It A Habit box
in The Academy

THE MAKE IT A HABIT
COURSE

Let us help you accomplish it with 30 days of visualizations and 30 beautiful guided affirmation videos with all the workbook and bonuses to let you Make It A Habit with ease.

30 Day Calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					