

# BLUEPRINT FOR NEW HABIT FORMATION

In order to make sure that your new habits will have a significant impact on your life, below is a list of the characteristics of outstanding habits.

## OUTSTAND HABITS CHARATERISTICS

- **Life-long habits:** they should be habits you want to maintain for the rest of your life
- **High-impact habits:** should significantly impact either your productivity and/or your happiness, or anything else that you truly value
- **Habits supporting your long term goals** - should support you in achieving your long term goals
- **Realistic habits:** they should be within your sweet spot (you should be confident enough that you can stick to them for the years to come even during tough times)
- **Habits that truly matter:** you should have a strong why behind these habits (i.e. why are they so important to you?)
- **Habits with a clear trigger:** they should be performed during a specific time of the day or have a clear trigger

## HABIT FORMATION CHECKLIST

### LET'S GET PREPARED!

- ❑ **Select a high-impact habit** that will produce the greatest results in your life.
- ❑ **Make a list of all obstacles** that could make you give up on that habit.
- ❑ **Design a supportive environment** for your habit (make it as easy as possible by removing or minimizing your obstacles).

### HAVE MORE SKIN IN THE GAME!

- ❑ **Make a real commitment to yourself-** Give it 100%.
- ❑ **Make sure you have a strong “why”-** Is it something you **want** or something you believe you **should** do?
- ❑ **Find an accountability partner or group-** It makes it easier to stay committed.
- ❑ **Invest your money-** Be willing to invest in books, programs, courses, or a coach if necessary.
- ❑ **Write down your habit** and why it is important to you.
- ❑ Undertake the 30-Day-Challenge.

### EXECUTE LIKE A CHAMPION!

- ❑ **Select a trigger for your habit-** The trigger should be something you do every day to. Make your habit easier to remember by engaging in after the trigger, not before.
- ❑ **Start as small as you have to-** Make your habit easy to do, and assess how confident you are of your ability to stick to the habit during the next 30 days and beyond.
- ❑ **Focus on taking the right action-** Don't concentrate on results, just take the action you know is right without worrying about the results.
- ❑ **Don't blame yourself-** That's a trick of the mind designed to make you give up.
- ❑ **Don't skip your habit-** Do it poorly if you must, but always do it. Remember that skipping a habit more than once will destroy it.
- ❑ **Have an If... Then plan-** If you have no choice but to skip your habit, be aware of the reason for it and come up with an alternative (such as doing it later in the day).
- ❑ **Forget about the 21-Day myth-** Stay focused on your habit for as long as it takes to make it

Once your habit is firmly implemented, work on a new habit and start creating a chain of habits

## ACCOUNTABILITY PARTNER CHECKLIST

Below is a guideline to use when you contact your accountability partner.

### Contact your soon-to-be accountability partner and tell him or her:

- **What your habit is exactly**
  - How will you measure it exactly? – How will you and your accountability partner both know whether you succeed or not
  - How many days will you commit to? – Is it 30 days? 60 days? What is the exact completion date?
  
- **Your exact commitment** – commit to your new habits by telling your partner without ambiguity: « I commit to do X every day for the next 30 days »
  
- **Why it matters to you** - What will be the consequences if you don't establish that habit?
  
- **What exactly you expect from them** - How much of their time will you need?
  
- **How you'll communicate your progress**
  - Will you be using emails, phone calls, real meeting?
  - How often will you communicate your progress?
  
- **What will happen if you succeed/fail**
  - What will be the reward?
  - What will be the punishment? - Will you give money to your partner or will you give money to an associating going against your value etc.

**Additional tip:** you could send an email to your accountability partner every day after you perform your habit. How is that for commitment?

**Key point:** Make sure that you are as specific as possible and that your partner is someone who understands the importance of your new habit and takes it seriously. Obviously, the more disciplined your partner is the better.

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						