

Winning Habits



**Redefine Success, Break Free From Bad
Habits, And Achieve Your Full Potential**

Here is a step-by-step action plan that breaks down the steps from the eBook 'Winning Habits' into easily perused and manageable tasks that will allow you to refer quickly to the part of the plan you are currently trying to review.

This action plan will allow you to look at the entire process outlined in the book objectively and see the “big picture” of how you are going to use the steps here to get the success that you have been dreaming of.

These action steps are very much simplified so feel free to refer back to the book when you need to if you aren't sure what a particular concept is or what something means.

1. Understand what success is

- ☐ Know what your definition of success is
- ☐ Be able to identify successful habits
- ☐ Be able to identify destructive ones and weed them out.

2. Understand how actions become habitual

- ☐ Learn the psychology behind habit formation
- ☐ Look at your own habits and figure out how they formed
- ☐ Use this information to continue developing and changing habits
- ☐ Research information about habits online and become an expert

3. Develop strategies for making habits last for your lifetime

4. Understand what goals actually are

- ☐ Realize that your goal isn't a final destination but a stop along the way
- ☐ Understand that it is the journey that is going to bring you happiness

5. Create a list of goals

- Start with making a list of goals for the next 12 months
 - ☐ Specific
 - ☐ Measurable
 - ☐ Realistic enough to achieve in a 12 month period
- Now create a list of goals for one month based upon your 12-month goals
 - ☐ Specific
 - ☐ Measurable
 - ☐ Can be achieved in a 30 day period
 - ☐ Can be broken down into habits
- Now create your daily habits from the previous list
 - ☐ Keep it simple and only work on 2-4 at a time
 - ☐ Try to work on habits that complement each other

6. Work on changing your bad habits

- Identify habits that are destructive and keeping you from success

- Replace the bad habits with good ones
 - ☐ Replace procrastination with scheduling
 - ☐ Replace fast food with great-tasting healthy food
 - ☐ Etc.
 - ☐ Make your brain see a reward rather than a punishment
- Keep the following things in mind:
 - ☐ Overcoming more bad habits makes you a stronger person
 - ☐ Think of a way to make any negative habit a positive one
 - ☐ Try your best every day
 - ☐ Keep in mind that 30 days is only a guideline
 - ☐ Be flexible when you are training new habits

7. Understand what triggers are and how they affect your habits

- Identify between good and bad triggers/habits
- Identify negative triggers and replace them with positive ones
- Create new positive triggers in order to prompt a good habit
- Understand the five main trigger techniques
 - ☐ Scheduling – a trigger that happens at a certain time
 - ☐ Pre-Action State – A state that reminds you to do an action
 - ☐ Preceding Event – Something that happens that prompts an action

- ☐ Location – your current location reminding you to perform your habit
- ☐ Friends and Family – Other people that can prompt a behavior

8. Develop a new mindset

- ☐ Understand what a mindset is
- ☐ Identify what your current mindset state is
- ☐ Work to change your negative mindset into a positive one

9. Start the journey – 30 days to a new habit or group of habits

- ☐ Keep it simple – work on just a few habits at a time
- ☐ Your first five days are going to be extremely difficult
- ☐ Your remaining 25 days are going to be a little easier but still challenging.

10. Follow the guides in the book to take you through each day

- ☐ Most days you will perform your habits as well as you can
- ☐ The first few days you build up to completing them
- ☐ The last few days you take a couple of days off to evaluate

11. Beyond 30 Days

- ☐ Do a self-evaluation
- ☐ Repeat
- ☐ Determine your next step
- ☐ Reinforce

12. Overcome obstacles to success

- Identify obstacles

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Confidence

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Motivation

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Plan

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Naysayers

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Financial

☐

Health

☐

Circumstance

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Friends & family

- Overcome obstacles