



Faith



Financial
Well-Being



Health



Personal
Growth

PILLAR TALK

Change your Habits, Change your Life

R E S O U R C E S

- **Make the Habit Achievable:**

- Definition of HABIT - the choices that all of us deliberately make at some point, and then stop thinking about but continue doing, often every day. According to Charles Duhigg, author of the book ***“The Power of Habits,”*** our brains will try to make almost any routine into a habit, because habits allow our minds to ramp down more often.
- Take any behavior you want, make it tiny, find where it fits naturally in your life, and nurture its growth. Also, attach your new habit to something you already do without even thinking about it, according to BJ Fogg in his book ***“Tiny Habits.”***
- The easiest way to set yourself up for success is to downscale your habits until they can be done in two minutes or less. (Think silly-small mini habits.) James Clear, author of the book, ***“Atomic Habits,”*** says *“Habits are like the atoms of our lives. Each one is a fundamental unit that contributes to your overall improvement. At first these tiny routines seem insignificant, but soon they build on each other and fuel bigger wins that multiply to a degree that far outweighs the cost of the initial investment. The same way that money multiplies through compound interest, the effects of your habits multiply as you repeat them.”*

- **Make it a priority to yourself:**

- Identify how you will keep yourself accountable. Reflect on how you hold up your own self-integrity which is vital to keeping a commitment of a new habit.
- Block out recurring time on your calendar for this new habit and stick to it. This will help build those proactive muscles for that new activity to become a residual habit. Treat those times dedicated to your new habit as if it were a commitment to someone you admire, look up to or even report to. Keep that promise to yourself just as you would keep an appointment with the leader or CEO of your company, to your spouse, children, or anyone you prioritize your time for.
- Ask yourself, *“What is the outcome I’m looking to have by implementing this habit?” “What is it I truly want?”* Dig deep on this question because what you desire as the end result of implementing this new habit will keep you motivated to keep this commitment to yourself. To stay motivated, write it down and keep it visible to see it regularly.

- **Visualize your success:**

- Take time to visualize what you desire your success to be. See your success a year or longer from now, and meditate on every aspect. Take the time to do this and see your success.

The following is a poem from an [unknown author](#) that illustrates the fact that we become what we think about and act upon:

Be careful of your thoughts ~ your thoughts become your words.

Be careful of your words ~ your words become your actions.

Be careful of your actions ~ your actions become your habits.

Be careful of your habits ~ your habits become your character.

Be careful of your character ~ your character becomes your destiny.”