

66Fix Process



Your 66-Day Transformation Begins Here.

66Fix establishes new life standards of automaticity and longevity by harnessing the power of S.I.N. through honest and committed efforts towards releasing your best life.

A successful plan to build a habit of automaticity involves a weekly progression from awareness to long-term maintenance. Depending on the objective, starting with small, achievable goals each week is at times more effective than trying to quit everything at once.

Keys for Success

- **Stack new habits:** Link the new, positive habit with another existing behavior. For example, "After you finish your morning coffee, you will journal for five minutes".
- **Reward your progress:** Acknowledge small victories to reinforce the new, healthier behavior. Rewards can be as simple as verbally praising yourself or doing a relaxing activity.
- **Establish accountability partners:** Share your goals with a trusted friend or family member. This adds accountability and provides encouragement during tough moments. These should be people you trust and respect.
 - For those of faith, Christ is your best partner and is walking with you every step, providing encouragement, compassion, and grace.
- **Practice self-compassion:** If you slip up, avoid an all-or-nothing mindset. Remember that one mistake doesn't erase your progress. Acknowledge the slip-up and get back on track immediately.
- **Revisit your "why":** When you feel discouraged, review your list of motivations from Week 1 to reconnect with the core reasons for your change.

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Pre-Planning: Awareness and planning

The first 4-days is about understanding the habit before you begin the process of breaking or building it.

- **Identify your habit loop:** For one week, pay close attention to the cue (the trigger), the routine (the habit itself), and the reward (the satisfaction or relief it provides).
 - Example: If your habit is mindlessly scrolling on your phone, your cue might be boredom, the routine is picking up your phone, and the reward is mental distraction.
- **Log your triggers:** Keep a journal to record the specific situations, emotions, or times that trigger your habit. This makes you more conscious of the behavior.
- **Set a specific, measurable goal:** Define what success looks like for you this week. For example, instead of "use my phone less," try "reduce my daily screen time by 15 minutes".
- **Explore your motivation:** Write down your reasons for quitting and the benefits you expect to gain. Keep this list visible to remind you of your "why".
- **5 Questions to answer before beginning your journey.**
 - Why are these (is this) important to address?
 - How will gaining automaticity help to release your best life?
 - What blockers can I purposely avoid and how will I avoid them?
 - What will be my accountability and how will it keep me accountable?
 - Over this 10-week journey, how can I reward myself along the way and when?

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Week 1: Implementation and replacement (Put Down & Pick Up)

After 4 days of observation, you are ready to put your plan into action by targeting the routine.

- **Change your environment:** Make the habit harder to make and the replacement easier. For example, remove social media apps from your phone's home screen or keep junk food out of sight.
- **Replace the habit:** When a trigger occurs, swap the old behavior with a new, healthy one that provides a similar reward. If you snack when you're stressed, try a quick walk or deep breathing instead.
- **Practice mindfulness:** Use prayer and mindfulness to observe cravings without acting on them. Acknowledge that the urge is there but allow it to pass like a wave. This weakens the habit's power over time.
- **Utilize "if-then" statements:** Create a structured response for your triggers, such as, "If you feel stressed at your desk, then you will do a two-minute breathing exercise".

Week 2: Refinement and building momentum

This week is about strengthening new behaviors and preparing for setbacks.

- **Increase the challenge:** If you've been consistently replacing the old habit, increase the duration or complexity of your replacement. If you started with a 5-minute walk, try a 10-minute walk.
- **Reflect and adjust:** Review your habit tracker from the previous week. What helped you succeed? What were the main obstacles? Use these insights to refine your strategy.

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- **Visualize your success:** Use visualization techniques to mentally rehearse a new, positive response to a trigger. Imagine succeeding, which can help make the new behavior more automatic.

Beyond the first month

- By the fourth week, you should have established a new routine and can focus on lasting change.
- After the initial four-week plan, continue to track your progress, build on positive habits, stay in contact with accountability partners, and be patient.
- If the habit is deeply ingrained or addiction-related, consider seeking professional help from a therapist or counselor to reach automaticity.