



CONSISTENCY

Perfection

WHAT YOU DO **EVERY DAY** MATTERS MORE THAN
WHAT YOU DO *ONCE IN A WHILE.*



Goals, Habits & Systems

*Setting yourself up for success
with realistic goals & habit creation*


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Disclaimer

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Setting Goals

Your brain & your goals



Your brains
LOVES
efficiency



Habits are hard-
wired into your
autopilot system



Too much change
at once - prefrontal
cortex gets
overwhelmed (part
of brain that
makes decisions)



Without quick wins
and
reinforcement,
your brain defaults
to old patterns



Setting small,
achievable
milestones trigger
dopamine release
– this is your “feel
good” chemical

S-M-A-R-T goals

- Vague goals confuse your brain
- Unrealistic expectations can overwhelm and deflate you
- All-or-nothing sets you up for failure

S	M	A	R	T
Specific	Measurable	Achievable	Relevant	Time-bound
Be clear	Quantify	Start small, manageable	Aligns with your “why”	Add a deadline for urgency

Reset your mindset.

You are **NOW** what you want to be in the **FUTURE**

Small habits don't transform
you overnight



Every day,
the actions you take
are your votes on the
person you want to be

Act in alignment with the
person you **ALREADY** see
yourself to be.

I want to lose fat



I am a healthy
person

I want to run a
marathon



I am a runner

I want to
write a book

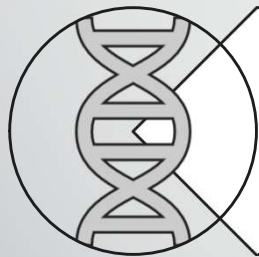


I am a writer

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Creating Habits

Things to consider about habits...



Luck, Genetics

- Not in your Control



Habits

- IN YOUR CONTROL

Your OUTCOMES in life are a lagging measure of your HABITS



spending



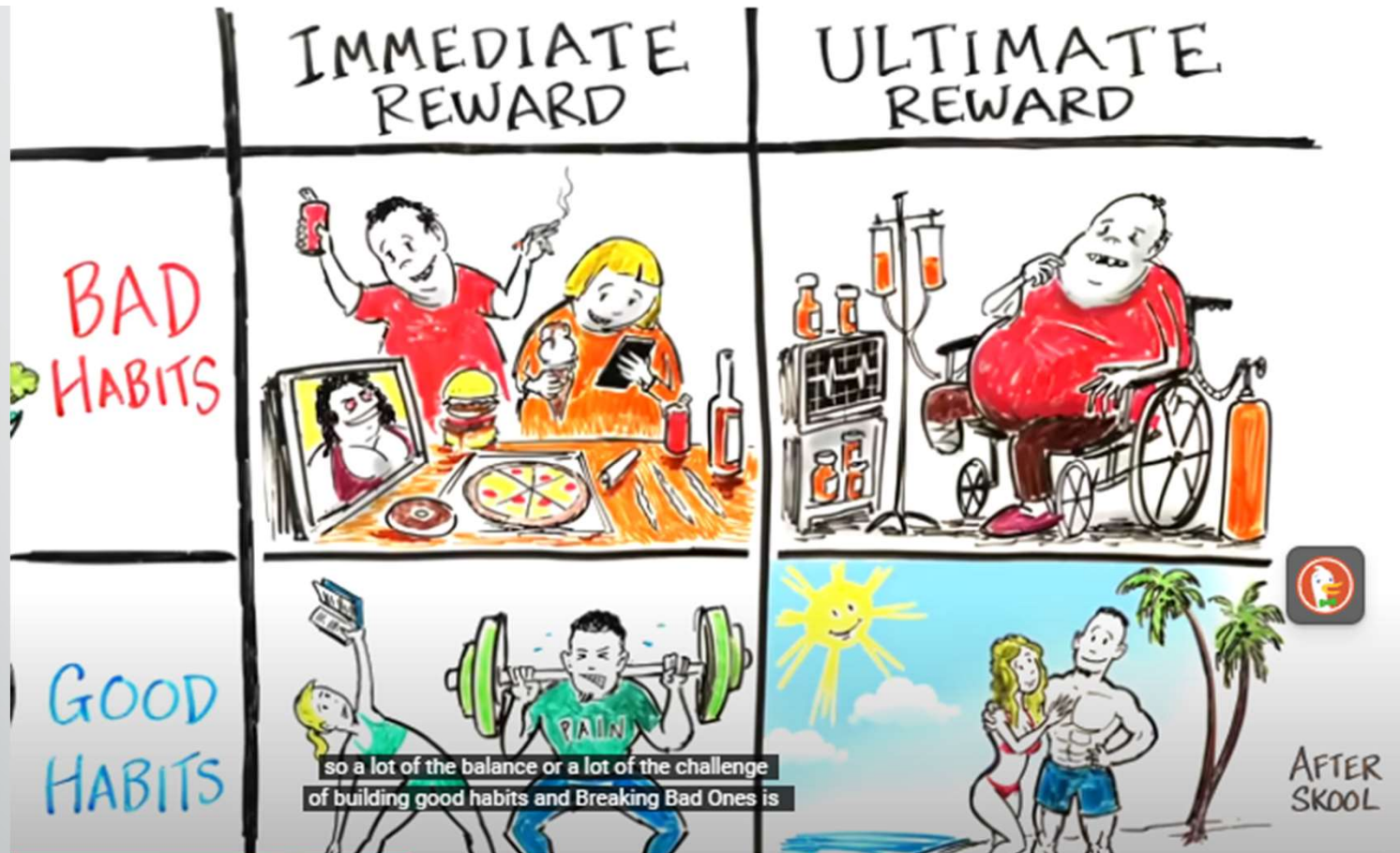
account balance



reading and learning



knowledge



- The **COST** of your **good habits** is in the present
Soreness from a workout Missing out on dessert
- The **COST** of your **BAD habits** is in the **FUTURE**
Metabolic dysfunction Weight gain Lack of meaningful connections

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Focus on Systems

Environment

- Out of sight, out of mind

In your sight, in your world

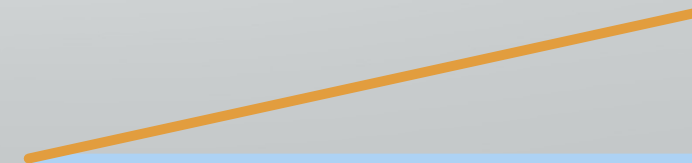
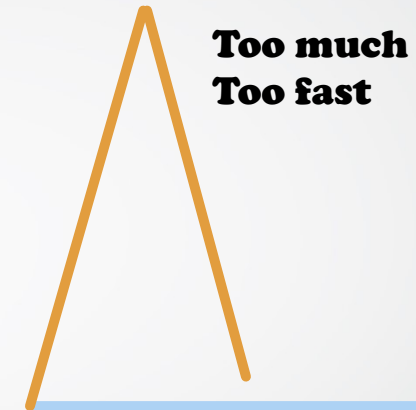
- **Make it easier to achieve the habit**

- Keep the healthy foods close at hand (or on the counter)
- Meal Prepping is a great system
- Set out athletic clothes at night for the morning
- Remove applications on your phone if they take up a lot of your time
- Install a smart light bulb – dims the lighting at home at 6pm



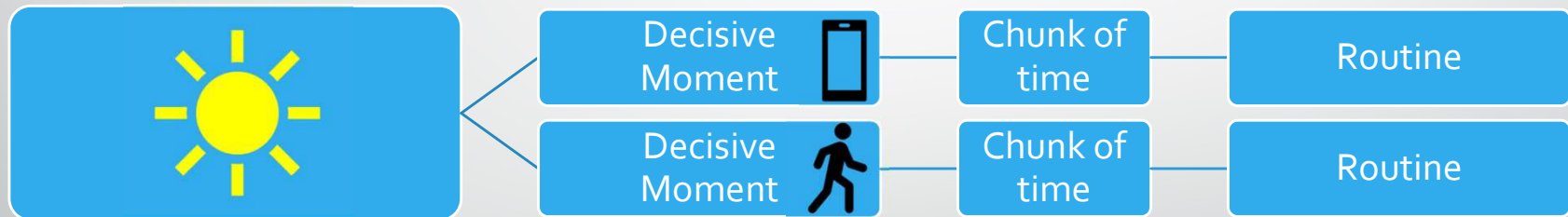
Simplify and Start Small

- If you make a list of ALL the things
 - Too far out of reach and can be overwhelming
- **2 minute rule – scale the habit down**
 - Can I stick to this habit 98% of the time no matter what?
 - If “no” – it’s too big to start with
 - You want the DOPAMINE EFFECT of the small wins



Master your Decisive Moment

- **Decisive Moment = Entry Point Habit**



- 5 – 10 Decisive Moments in your day
- Start with ONE decisive moment and master it!



Habit Plan

I will _____ (habit)

At _____ (time)

In _____ (location)

Habit Plan

I will

GO FOR MY MORNING WALK

(habit)

At

7AM

(time)

In

MY NEIGHBORHOOD

(location)

Habit Plan



I will

DRINK 8 OZ OF WATER

(habit)

At

WHEN I WAKE UP

(time)

In

MY BEDROOM

(location)

Habit Tracking

"Dopamine Diary"

- Visual reminder of your habits
- When we tick off an item on our to-do list, there is a dopamine hit
- Track progression over time
- Celebrate your victories each week!
- Order habits from wake up to go to bed
- Don't dwell on the design
- Rate your day (1-10) to compare days
- Start with easy entry point!

	S	M	T	W	T	F	S	
Habit 1		✓	✓		✓	✓	✓	5/7
Rate	5	8	9	5	9	9	10	

	S	M	T	W	T	F	S	
Habit 1	✓	✓		✓	✓	✓		5/7
Habit 2	✓	✓	✓		✓	✓	✓	6/7
Rate	9	9	6	6	10	10	6	

	S	M	T	W	T	F	S	
Habit 1	✓	✓	✓	✓	✓	✓	✓	7/7
Habit 2	✓	✓		✓	✓	✓		5/7
Habit 3	✓	✓	✓		✓	✓	✓	6/7
Rate	9	10	8	8	10	10	8	

Habit Stacking

Goal

Your new habit

An existing habit or action

Move 30 minutes/day

Walk to
end of
street

15 Squats

Park at far
end of
parking lot

Check the
mail box

While
brushing
your teeth

Grocery
shopping



A Case Study

Judy's Story

Judy's story

- HOW I STARTED AT THE GYM
- LACKED FOLLOW THROUGH & FITNESS STALLED
- JULY 1st COMMITTED TO BETTER HEALTH BY
 - RESTRICTING CARBS
 - STEPPING UP WORK OUTS
 - USING APP ON PHONE FOR TRACKING FOOD
 - USING WATCH TO TRACK STEPS
 - DIFFERENT EXERCISES
- RESULTS ARE VISIBLE.
MORE IMPORTANT: FEEL MYSELF BECOMING STRONGER & MORE CONFIDENT IN MY WORK OUTS.
- WEEKLY TRAINING SESSIONS WITH ALLY ARE IMPROVING MY CORE STRENGTH.
- **SOLID COMMITMENT TO MYSELF TO CONTINUE THIS PATH SO MY BODY WILL STAY STRONG AS I AGE.**



Handouts

Habit inventory

Habit tracker

My Life & Legacy
Timeline

“I will” tool

Referencing Resources

- Atomic Habits by James Clear
- Dr. Mark Hyman's tips for creating habits (connection to brain)
- 2 YouTube summaries of Atomic Habits
 - <https://www.youtube.com/watch?v=1gdkBtgIt84&list=WL&index=12>
- Stoicism/Atomic Habits discussion of new year resolutions
https://youtu.be/ZpheggqSOHNY?si=1AGLfweNH5gaK_pH
- Psychology of Motivation and Change
https://youtu.be/oUy8l_WChNA?si=EQBfC1QwL_UU2GOR