Building Better Habits

Overview

- It's your daily habits and systems that are creating your life, NOT your goals.
- Change your habits and you change the direction of your life!
- The first step is becoming more ***aware*** of what your habits are, and how they are helping you or hurting you.
- Next, you need to consciously alter your environment to make good habits more obvious and easier, and bad habits more difficult.
- The right habits combined with consistency lead to RESULTS!
- **I recommend you read Atomic Habits by James Clear**

Identity drives Habits- Habits drive Identity

- Our habits are consistent with our identity.
- As you "stack up" habits they serve as "votes" towards a new identity
- Habits are a double edged sword.
- You become what you REPEATEDLY do positive or negative.
- The first step towards change is **awareness.**

Systems and Environment

- Make the good habits easy, obvious, and rewarding
- Make the bad habits difficult, labor intensive, and punished
- Design your systems - design your life!

What are some of the most beneficial habits you have?

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What are some of the most harmful habits you have?

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Note: Habits are "good" or "bad" only as they relate to how well they move you toward the identity that <u>you</u> want. For some people, they need to get more serious about exercise, while others may want to reduce it. Similarly, some people need to reduce the amount of time they spend socializing, while others may want to increase the time they spend networking. What matters is that your activity is consistent with the goals you have.

Follow the Leaders

7 Habits That Virtually All Successful TKD Professionals Have In Common

1. Exercise regularly and physically train with their staff

- The demands on entrepreneurs are enormous!-Read: The Power of Full Engagement
- As a result of enduring physical stress you will better handle emotional stress.
- The teacher student relationship is much stronger than the boss/employee relationship.
- Continual learning makes you more passionate about your art.
- It also makes you more empathetic to the experience of a beginner.

2. Read & listen to new content consistently

- This is the best way too increase your knowledge and skill.
- It will also be a source of motivation and enhance your creativity.
- Becoming a more consistent reader will make you a better leader!

3. They are Investors

- In their skills and education /In people /In financial tools /In their business /In real estate
- Think long term!

4. They run marketing experiments

- What new methods can I try?
- What adjustments can I make to my current methods?
- Who can I share ideas with?

5. They <u>create content</u> vs consuming it

- Schedule time to think about, document, and film your own ideas.
- Educate your staff and the community.

6. They manage their time, energy and their mindset

- Design you week to move you forward with your goals.
- Learn what habits get and keep you in your most positive frame of mind.

7. They network

- The fastest way to acquire the habits you want is to join a group where those habits are the norm.
- Your network should be a source of information motivation and accountability.

Start Designing Your Life Around New Habits

1. START SMALL - In the beginning consistency is more important than outcome, build the habit!
2. Schedule it in- When, where will you do these new habits.
3. How will you track your progress?
4. How will you celebrate your progress?
5. Create a Simple Habit Tracker
6. Work with a partner or a coach to keep you accountable.
7. Have fun discovering and developing your new Identity!

1. Exercise regularly and physically train with their staff

Rate Yourself on a scale of 1-10 on this trait _____

What new habits will you build into your daily life to improve your progress in this area?

2. Read & listen to new content consistently

Rate Yourself on a scale of 1-10 on this trait _____

What new habits will you build into your daily life to improve your progress in this area?

3. They are Investors

- **In their skills and education /In people /In financial tools /In their business /In real estate**

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