



TODAY I DESIGN MY HABITS.

DAY.26

"..There is no big secret. Whatever your goal for this year is, you can get there – as long as you're willing to be honest with yourself about the preparation & work involved. There are no back doors, no free rides. There's just you, this moment, and a choice."

- Oprah Winfrey

Conscious change requires honesty. Being honest about how you feel, about what you are or aren't doing, about what you really want or need, and how you could block yourself from breaking or building those habits.

Why do we often avoid self-honesty? When we are busy or under pressure for an extensive period of time, we shift into survival mode. A constant state of doing; fixing, solving, achieving & just getting through the hurdles of the day.

The Power of Pausing.

Pausing to be aware of what we feel deep down, might feel counterproductive: "I don't have time for emotions now" or "it will be better tomorrow". Lying to ourselves, by ignoring or neglecting the truth of our being, harms our souls & self-trust. Pausing is necessary to break the vicious cycle.

Lasting shifts in habits are driven by intention & awareness of how you feel, rather than rational reasons of why it's good for you. It's about shifting from the head to our hearts to make it happen. To be honest, take your needs seriously & choose to take care of yourself first.

DAY.26

Phrase of the day: "Today I (re)design my habits."

Write this phrase in your journal.

PRACTICE.

Today we invite you to reflect on the habits you want to build or break. And to be honest with yourself about how you feel right now, how you want to feel, and what can be in your way.

Ask yourself to rank the habits you want to change. Which one will positively affect many other areas? Which shift will boost our energy level mostly? Because changing behavioural habits (how we act, think, react etc.) requires more energy from us. Therefore we have to make sure our tank is fueled up first (our body).

Use the 'HABIT SHIFT TOOL' below. Start with the intended outcome and then fill in the relevant habit you want to build or break. Be honest. Stay curious. Trust yourself.

SHIFT HABITS.

| INTENDED OUTCOME | HABIT TO STOP/START | WHY THIS MATTERS | POTENTIAL ROADBLOCKS | EMPOWER YOURSELF |
|---|---|---|---|--|
| <p>What is your intention to change?</p> <p><i>(what result do you intend to achieve? or how do you intend to feel?)</i></p> | <p>which habit to change?</p> <p><i>(describe a specific habit; any kind of repetitive behaviour, either an action, a response or even a thought pattern.)</i></p> | <p>Why is that important to you?</p> <p><i>(be specific why this is not working for you now or potentially harm or benefit you in the future)</i></p> | <p>What could you block you from stopping or starting that habit?</p> <p><i>(a thought, a limiting belief, a situation, a feeling)</i></p> | <p>What can you do to prevent or overcome that roadblock?</p> <p><i>(a reminder, an affirmation, an action or another person)</i></p> |