



# MODULE TWO

## **Unbreakable Habits to Be Undefeatable**



*Motivation is what gets  
you started. Habit is what  
keeps you going.*

*- Jim Rohn*

We become what  
we do on repeat.

## In this module, we'll cover:

- The power of habits and how they affect your performance.
- How to create habits and sustain them to become 1% better every day.

# Grab a pen and answer these questions.

What are your daily habits?

Are those habits supporting your goals or holding you back?

What habits do you want to start but haven't made the time for yet?

When was the last time you were crushing it in your health and lifestyle?

What habits did you have then and how can you implement those habits again?

If you were to 10x your success, what habits would you have to start doing?

And more importantly, what habits would you have to stop doing?

*What we track doesn't  
get left to chance. What  
you track you'll see  
progress on.*

***Excellence then is not an  
act but a habit. -  
Aristotle***

# *3 Steps to Change Habits Successfully*



# **#1 Focus on one habit at a time**

...until it becomes an automatic behavior.

The maximum number of habits you could try = 3

Focus on a small habit that will have a strong unintended ripple effect on your day and life.

For my clients, Intermittent Fasting is a game-changer.

To find out which one habit you should focus on, first, I suggest asking yourself the following questions. →

Which habits have you been trying to change and why?

Are any of those habits, super habits such as eating healthier?

Which one of these habits do you feel will have the most impact on your life if you just implement this one?

## #2 Get accountability

It can be a great step to boost your motivation to stick to the habit.

## #3 Track this one habit per month

Give it a good 30 days before you start thinking about implementing a different habit.



THANK YOU

**See you in Module Three**