

## Module 2 Transcript

### **Build Unbreakable Habits To Be Undefeatable**

Motivation is what gets you started. Habit is what keeps you going. - Jim Rohn

Hello and welcome to module two.

Remember, we become what we do on repeat.

In this module, I'll cover ***the power of habits and how they affect your performance, and how to create habits and sustain them to become one percent better every day***, which adds up to **37%** better in a year. That is the power of tiny habit change.

You're about to discover what habits are helping your performance and which ones are holding you back, the number one strategy that will help your habits become consistent in 30 days, and how to sustain habits long enough for them to become automatic.

Before you set new goals, you need to decide which of your habits are serving you and which are not. Because setting new goals without creating new habits is like having a ship without sails.

Habits are the sails that get you from point A to point B.

Grab a pen and answer these questions.

1 - What are your daily habits?

2 - Are those habits supporting your goals or holding you back?

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

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

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

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

Write it down.

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

Stop the video.

Did you write your answers? Your goals are waiting. Do the work and I can guarantee a breakthrough. But that requires effort...

Tracking habits. Why?

Because what we track can be **optimized**. What gets **measured** gets done.

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

**Progress** equals **motivation** and motivation equals **momentum**. That will help you achieve more in less time.

Tracking gives you a game plan and a way to optimize your life daily.

For example, when I have my clients simply track what they're eating, it's amazing because they become aware of the mindless snacking and calories.

Think about one habit that you want to implement. Imagine if you were to track that habit daily.

Would it keep you on track? Would it keep you accountable?

It absolutely will. I know it will because I use it daily, and it changed my results. I did for my client, Randy who lost over 50 pounds. Once he realized what he was eating, it was easy for us to tweak it.

With a few simple habit changes, you'll now do more of the things necessary to live your best life on autopilot. Instead of the battle you just act, no excuses. That's the benefit of establishing good habits.

This increases your confidence levels as a leader. You'll achieve results in **all** areas of your life.

We are what we repeatedly do.

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

What you do daily shapes and influences your life. So, if you never exercise, rely on caffeine for energy, and eat junk food, you can't expect to be at peak performance.

Who you are right now is the net result of all your habits from the past. Change your habits and you'll be able to achieve anything you want.

Accomplishing your goals is never the result of doing one big action. Instead big goals lie at the end of a long chain of bite-sized daily steps.

I'd have identified the small daily habits to close the gap for my clients so they can achieve anything.

Here's a **three-step process** to do it.

**Step one, to change habits successfully** it's important to **focus on one habit at a time if you want it to stick forever until it becomes an automatic behavior.**

According to research, the maximum number of habits you could try to change at once is three that are related.

For instance, many people want to change this one habit. They want to eat healthily. But instead, eating healthily requires many habits. So start with one. Eat a salad every day. Cut out refined sugar and carbs. Consume mostly freshly cooked meals. Drink enough water every day. Or my favorite, start intermittent fasting.

So, what one habit should you change? Focus on a small habit that will have a strong unintended ripple effect on your day and life.

The right habit to change for you is a habit that's simple enough to put in place sustainably, yet will impact you in such a way that other areas of your life will quickly improve noticeably too.

I know for my clients, intermittent fasting is a game-changer.

Which one will you start with?

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

1 - Which habits have you been trying to change and why?

2 - Are any of those habits, super habits such as eating healthier? If so, split them up into smaller sub-habits that you would just like to implement like starting intermittent fasting.

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

4 - If you want to have a healthy diet and lifestyle, maybe you can start by drinking one or two glasses of water 15 to 30 minutes before every meal.

Here are two simple habit ideas that can help you brainstorm.

Number one, replace your afternoon snack with an apple.

Number two, do a two-minute stretch right after you brush your teeth in the morning and in the evening.

Keep it simple and make sure it becomes automatic before you move on to the next habit.

You need to get yourself hooked on this new habit with repetition for long-term success. And make sure this habit really sticks until you move on to the next habit and stack it easily. The compound effect can be exponential.

**Step number two** of my three-step process of achieving unbreakable habits is to **get accountability**.

It can be a great step to boost your motivation to stick to the habit. If you're ready to achieve peak performance in all areas of your life, I help implement these changes. I work with my clients through a very systematic process so that they're able to master their internal game to achieve peak performance.

If you want VIP one-on-one access to me there are options available to you. Message me.

## **Step three is to track this one habit for a month.**

Here's a simple hack to make sure your brain focuses on just one habit at once. You should give it a good 30 days before you start thinking about implementing a different habit on top of that.

Thanks for coming and I'll see you in the next module.