



Harness the Power of Habit

Region VI Training Guide
September 2020

Willpower

Willpower is...

“A form of mental energy used to control thoughts, emotions, desires, impulses, and performance”

Is Used For

1

2

3

4

Can Fail Because

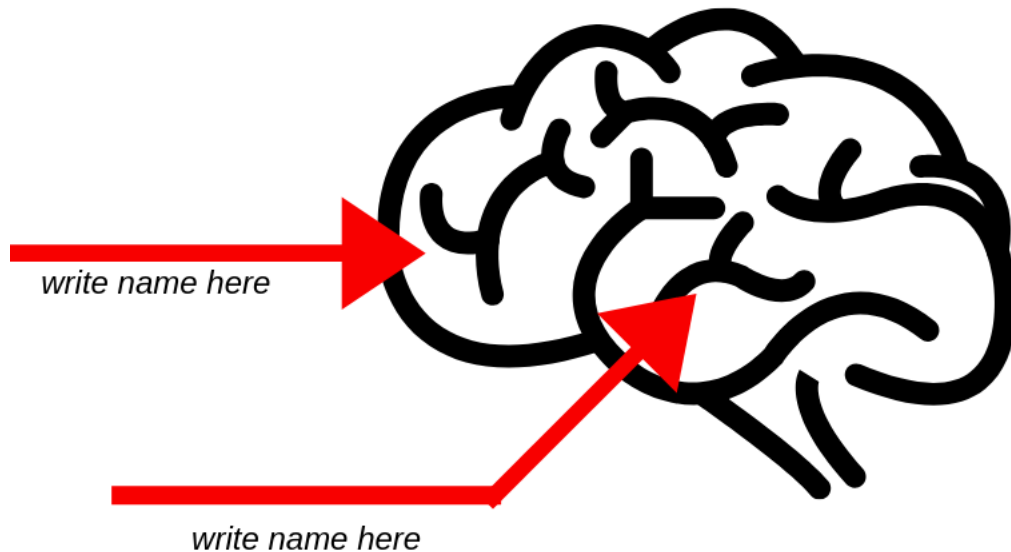
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2

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Habits

Parts of the Brain Involved in Habit Creation



Pre Frontal Cortex Functions

- ◆ Decision making
- ◆ Planning ahead
- ◆ Focusing thoughts
- ◆ Paying attention
- ◆ Learning
- ◆ Considering several different yet related lines of thinking
- ◆ Evaluating the future consequences of current activities
- ◆ Working toward a defined goal
- ◆ Predicting outcomes
- ◆ Interpreting social cues
- ◆ Moderating your own social behavior
- ◆ Determining good and bad, better and best.
- ◆ Retaining information while performing a task
- ◆ Determining what information is relevant to the task in progress

Habits

1. A habit is a _____
2. It starts in the _____
3. Through _____
4. Moves to the _____
5. Requiring _____

_____ is the mother of habit.

How Long It Takes

How Many Days?

- A. 7 Days
- B. 14 Days
- C. 21 Days
- D. 30 Days
- E. 45 Days or More
- F. Other:

Factors

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____

My Why

Roles	Values
1.	1.
2.	2.
3.	3.

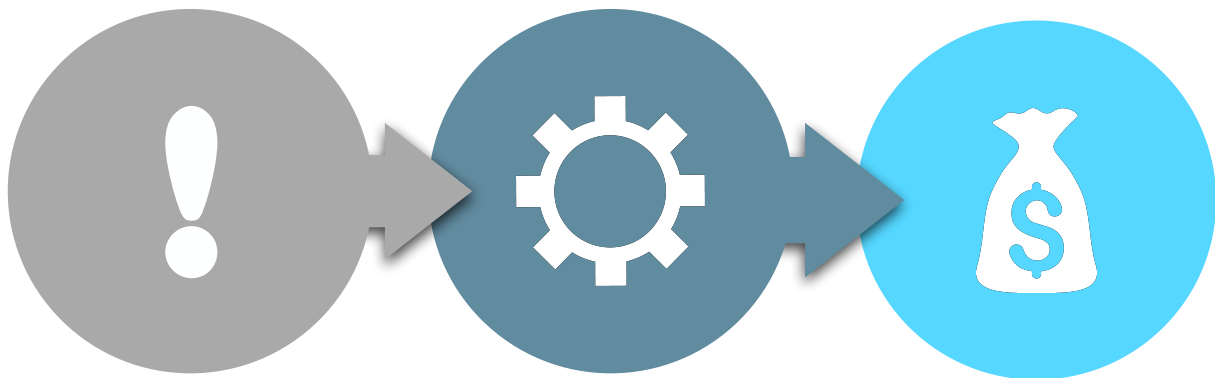
What could you lose if this doesn't become a habit?

What will you gain if this becomes a habit?

Values List

Accountability	Forgiveness	Perseverance
Achievement	Freedom	Personal Fulfillment
Adaptability	Friendship	Pleasure
Adventure	Fun	Popularity
Altruism	Future Generations	Power
Ambition	Generosity	Pride
Authenticity	Giving Back	Recognition
Authority	Grace	Reliability
Autonomy	Gratitude	Reputation
Balance	Growth	Resourcefulness
Beauty	Happiness	Respect
Being the Best	Hard Work	Responsibility
Belonging	Harmony	Risk Taking
Boldness	Health	Safety
Career	Home	Security
Caring	Honesty	Self-Discipline
Challenge	Hope	Self-Expression
Citizenship	Humility	Self-Respect
Collaboration	Humor	Serenity
Comfort	Inclusion	Service
Commitment	Independence	Simplicity
Community	Initiative	Spirituality
Compassion	Inner Harmony	Spontaneity
Competence	Integrity	Sportsmanship
Confidence	Intuition	Stability
Connection	Job Security	Status
Contentment	Joy	Stewardships
Contribution	Justice	Success
Cooperation	Kindness	Teamwork
Courage	Knowledge	Thrift
Creativity	Leadership	Time
Curiosity	Learning	Tolerance
Determination	Legacy	Tradition
Dignity	Leisure	Travel
Diversity	Love	Trust
Environment	Loyalty	Truth
Efficiency	Making a Difference	Understanding
Equality	Nature	Uniqueness
Ethics	Openness	Usefulness
Excellence	Optimism	Vision
Fairness	Order	Vulnerability
Faith	Parenting	Wealth
Fame	Patience	Well-Being
Family	Patriotism	Wholeheartedness
Financial Stability	Peace	Wisdom

Anatomy of a Habit



Triggers

Launches a behavior

- 1. An existing habit or*
- 2. Something that is already happening automatically or*
- 3. The action immediately preceding the new habit*

Rewards

Releases endorphins and dopamine and wire the new behavior deeply into the brain.

Reward	Description
Physical- External	Fun, enjoyable body movement.
Physical- Internal	Causes a reaction in the body.
Emotional	Something you personally find rewarding.
Social	Interaction with another person.

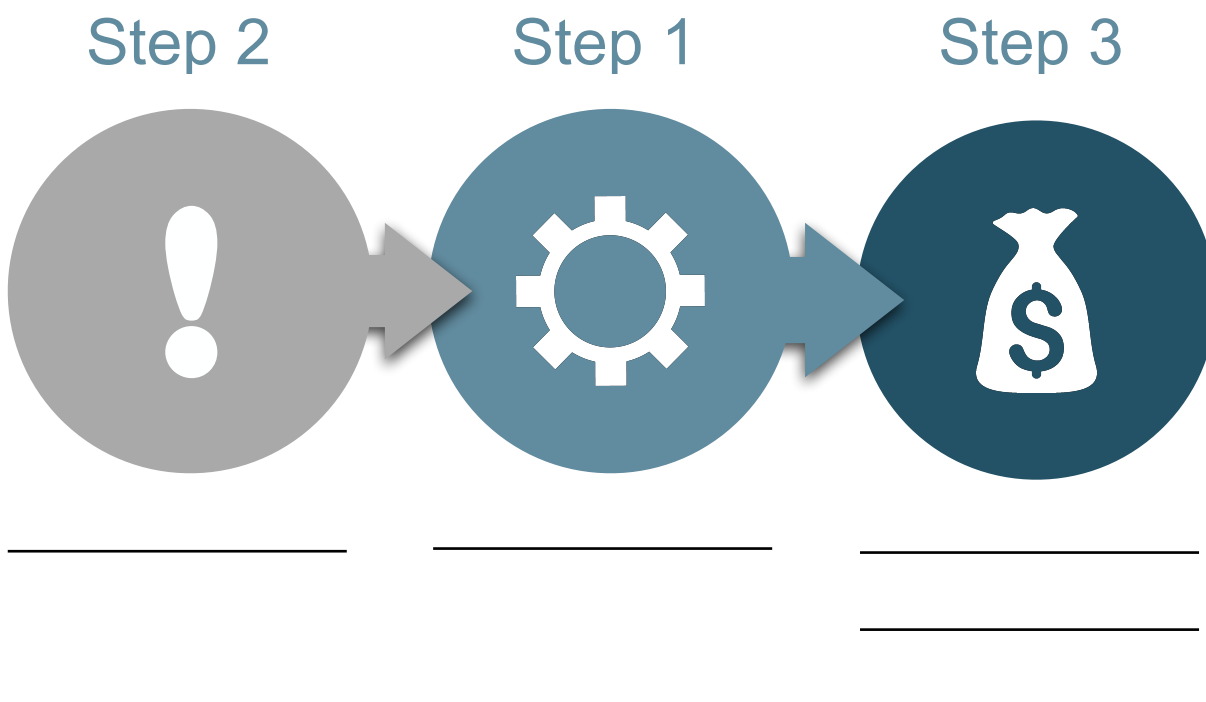
Reward Examples

MOVEMENT	REACTION	EMOTIONAL	SOCIAL
★ FIST PUMP	★ COFFEE /TEA	★ TO-DO LIST	★ FACEBOOK
★ CHEST BUMP	★ GATORADE	★ SONG	★ FITBIT
★ CLAP HANDS	★ CANDY/GUM/ MINT	★ HUM ROCKY THEME	★ POST ON FO- RUM
★ SNAP FINGERS	★ BREAKFAST/ LUNCH	★ GRATITUDE	★ CALL A FRIEND
★ VICTORY/END ZONE DANCE	★ SNACK	★ MANTRA	★ TEXT FAMILY
★ JUMP/FREE THROW	★ SPLASH WA- TER	★ PIC OF FAMILY	★ SHARE SELFIE
★ SALUTE	★ HAND MAS- SAGE	★ HEAR CROWD CHEERING	★ HANDSHAKE
★ SELF HI-FIVE	★ BRUSH TEETH	★ TV SHOW	★ HI-FIVE
★ MIRROR HI- FIVE		★ MOBILE APP	★ FIST BUMP
			★ THUMBS UP

MANTRAS	SONGS
<p>For my kids You da bomb Boom Lean and Mean All I need is within me now Achievement unlocked One day at a time You got this Nailed it Slow and steady wins the race Ain't no mountain high enough Woosh Woop there it is.</p>	<p>Destiny's Child- Survivor Kelly Clarkson - Stronger Christina Aguilera - Fighter Bon Jovi - It's My Life Survivor - Eye Of The Tiger Europe - The Final Countdown Florence + The Machine - Dog Days Are Over Boston - Don't Look Back Aretha Franklin - Respect The Greatest Showman - This Is Me Eminem - Lose Yourself James Brown- I Feel Good Loverboy - Working for the Weekend</p>

Your Habit Plan

Habit: _____



Minimum Requirement: _____

Habit Action Statement

My Habit Plan is to _____
(insert action step) every _____ (insert time
frame) right after _____ (insert trigger), I will
reward myself by _____ (insert reward).
On days that I don't want to do my new habit, I will
_____ (insert min requirement).

Plan for Success

Identify Obstacles

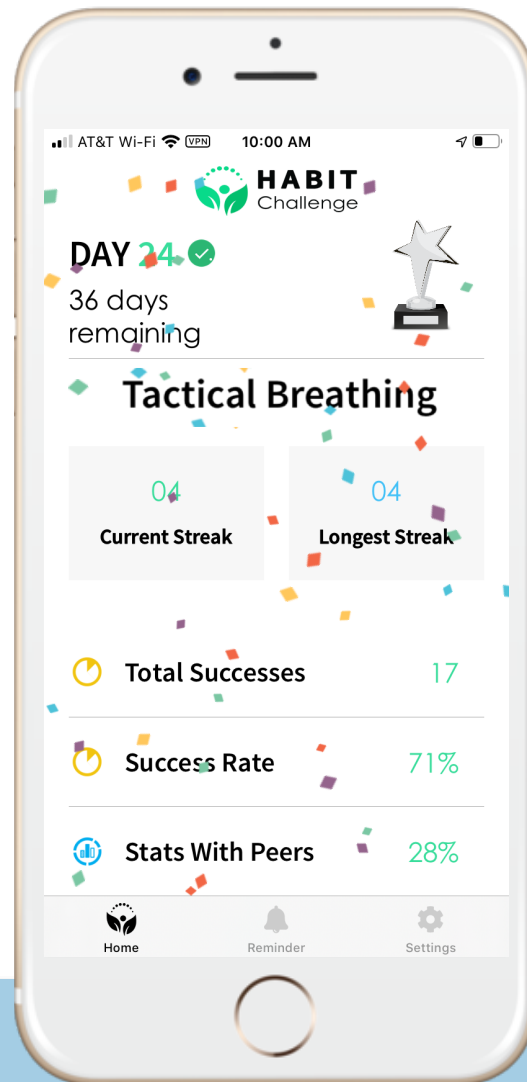
Logistical

External

Internal

How I'll Overcome These Obstacles

Follow Up



We can deliver our Habit Challenges by old-fashioned pen and paper, email, text, or mobile app. However you do it, make sure you're providing 60-90 days of followup after your trainings.

To discuss bringing our Habit Challenges to your organization, reach out to sharon@habitmasteryconsulting.com or call Sharon at (970) 581-7681

**“The only thing
standing between
you and the life you
want are the good habits
you wish you had
and the bad habits
you wish you didn’t.”**

Sharon Lipinski, Habit Superhero