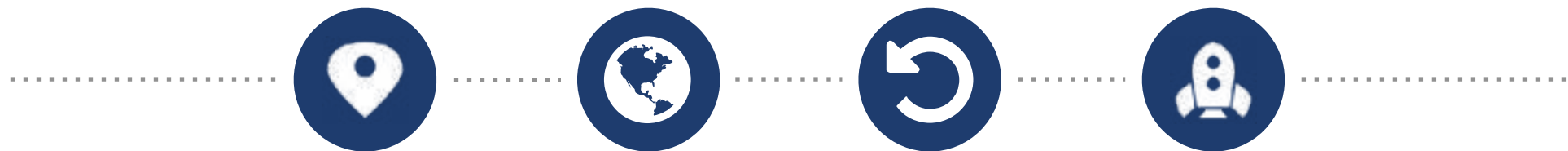


HARNESS THE POWER OF HABIT









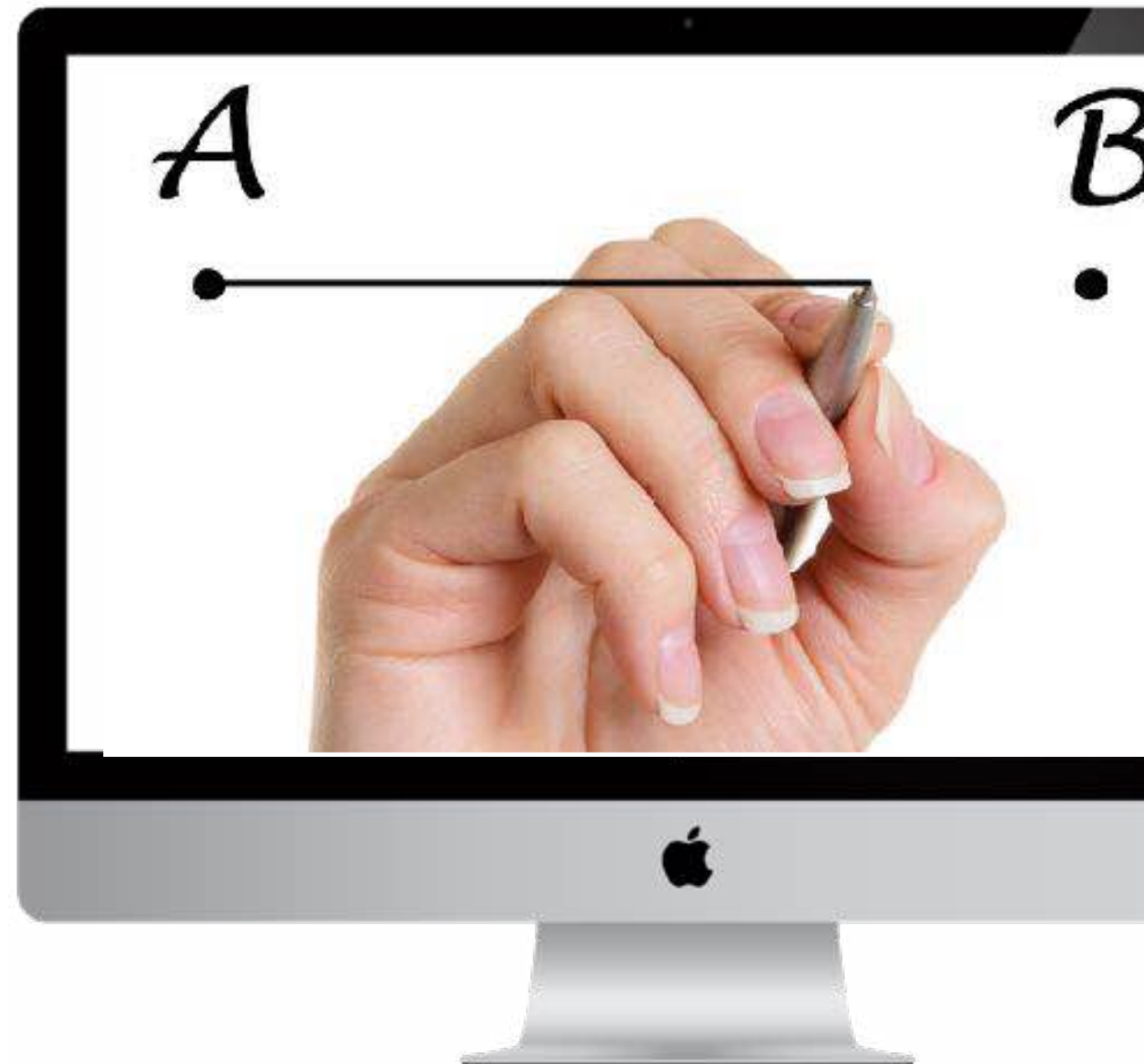




DURING THIS TRAINING YOU'LL LEARN...

THESE 5 TOPICS

- Foundation: Willpower Vs Habit
- 5 Most Important Habits
- Antidote to Habit
- Create Your Own Habit
- Anatomy of a Habit



POSSIBLE HABITS

Physical Health

- Exercising
- Eating healthy
- Getting more sleep
- Drinking water

Mindfulness/Stress

- Meditating
- Reacting calmly
- Feeling grateful
- Getting outside
- Reading

Communication

- Listening
- Asking more questions
- Updating on status
- Checking for understanding

Defensive Driving

- Phone in glovebox
- Checking Mirrors
- GPS Before Driving

Leadership

- Asking more questions
- Asking for feedback
- Giving feedback
- Giving recognition
- Celebrating victories
- Assigning tasks

Work/Life Balance

- Family dinners
- Leaving work on time
- Having hobbies
- Saying no
- Volunteering
- Unplugging

Collaboration

- Holding effective meetings
- Starting on time
- Brainstorming
- Hearing from all team members

Problem Solving

- Defining the problem
- Thinking strategically
- Prioritizing
- Taking Action

Productivity

- Making to-do lists
- Prioritizing
- Focusing on one task
- Organizing paperwork
- Making decisions

Safety

- PPE
- JSA/JHA
- Seatbelts
- Toolcheck
- Situational Awareness
- Lock out Tag out
- 360 Walk Around
- Ladder Safety

ALL IT TAKES TO CREATE A HABIT
10 MINUTES
PER DAY



HABIT SUPERHERO

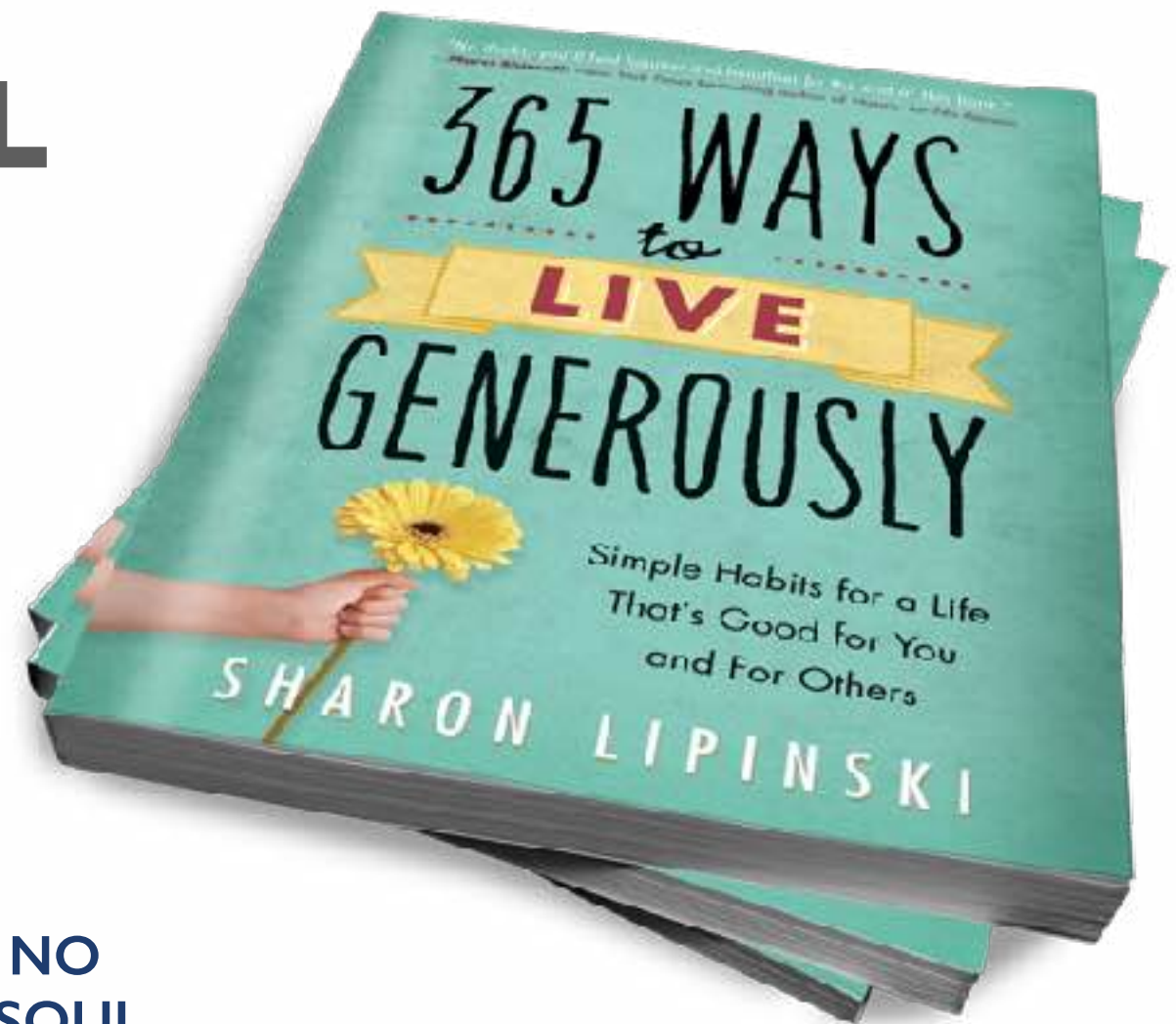
SHARON LIPINSKI





AVAILABLE ON AMAZON

**NO DOUBT, YOU'LL
FEEL HAPPIER
AND HEALTHIER
BY THE END OF
THIS BOOK.**



MARCI SHIMOFF

**N.Y. TIMES BESTSELLING AUTHOR OF HAPPY FOR NO
REASON AND CHICKEN SOUP FOR THE WOMAN'S SOUL**

**KNOWLEDGE, WILLPOWER AND
MOTIVATION ARE NOT ENOUGH**



**“WILLPOWER IS A FORM OF MENTAL
ENERGY USED TO CONTROL
THOUGHTS, EMOTIONS, DESIRES,
IMPULSES, AND PERFORMANCE”**

**A SUMMARY OF WILLPOWER
BY ROY F BAUMEISTER & JOHN TIERNEY**

THE REAL REASON YOU DON'T FOLLOW THROUGH

THE PROBLEM WITH WILLPOWER



DECISION FATIGUE

TOO MANY MILES

Mental energy drained by
overuse.

THE REAL REASON YOU DON'T FOLLOW THROUGH

THE PROBLEM WITH WILLPOWER



DECISION FATIGUE

TOO MANY MILES

Mental energy drained by overuse.



PHYSICAL STRESS

NO REFUELING

Hungry or sleepy means you haven't gone to the gas station

TOLL OF PHYSICAL LABOR

USING HEAVY POWER TOOLS (JACKHAMMERS, DRILLS, ETC.)

340 CAL/HOUR

USING HEAVY NON POWERED TOOLS (SHOVEL, PICK, TUNNEL BAR)

476 CAL/HOUR

CARRYING HEAVY LOADS

476 CAL/HOUR

BUILDING ROAD (INCL. HAULING DEBRIS, DRIVING HEAVY MACHINERY)

340 CAL/HOUR

SHOVELING, DIGGING DITCHES

510 CAL/HOUR

CALORIELAB, CALORIES BURNED BY OCCUPATION, MAY 2018

THE REAL REASON YOU DON'T FOLLOW THROUGH

THE PROBLEM WITH WILLPOWER



DECISION FATIGUE

TOO MANY MILES

Mental energy drained by overuse.



PHYSICAL STRESS

NO REFUELING

Hungry or sleepy means you haven't gone to the gas station



EMOTIONAL STRESS

IDLING

Worry and scarcity eat up precious willpower.



QUOTABLE

“YOUR EMPLOYEES CAN KNOW ALL THE RIGHT THINGS TO DO, BUT IF THEY’RE TIRED, HUNGRY, STRESSED OUT, OR BUSY... THEIR BRAIN MIGHT FOLLOW THE PATH OF LEAST RESISTANCE.”

SHARON LIPINSKI



YOUR LIFE IS FILLED WITH HABITS

GOOD, BAD, NEUTRAL



BEHAVIOR

Exercise, Cooking
healthy meals
Vs
Cracking Knuckles, Fast
Food



THOUGHTS/FEELINGS

Positivity, Gratitude
Vs
Worry, Insecurity



RELATIONSHIP

Listening, Family Dinner
Vs
Interrupting, Gossiping

QUOTABLE

“THE REALITY OF YOUR WORKSITES IS THE RESULT OF THE HABITUAL ACTIONS AND DECISIONS YOU AND YOUR TEAM MAKES EVERYDAY. INTENTIONALLY MAKE A HABIT OF THE THOUGHTS, BELIEFS, AND BEHAVIORS THAT WILL SERVE YOUR PURPOSES.”

SHARON LIPINSKI

TAKE AWAY
TRAINING IS NOT
ENOUGH

WHERE IS YOUR TRAINING GAP?

THE PROBLEM



25%

NO FOLLOW THROUGH

Percentage of respondents that reported that training improved employees' performance.
MCKINSEY & CO.,
2010



43%

NOT ACTIONABLE

Percentage of employees say their training is somewhat, not very, or not at all effective in helping them succeed at work.
IPSOS, 2018



90%

NOT ENJOYABLE

Percentage of employees who say it's important that training is engaging and fun, with two in five citing this as being very important. IPSOS, 2018

AVERAGE COST OF AN INJURY

\$39,000

NATIONAL SAFETY COUNCIL





PHYSICAL HEALTH

- Exercising
- Stretching
- Eating healthy
- Getting more sleep
- Drinking water

COMMUNICATION/ LEADERSHIP

- Listening
- Asking more questions
- Updating on status
- Checking for understanding
- Taking ownership/accountability
- Giving feedback/recognition
- Assigning tasks

MENTAL/ EMOTIONAL

- Reacting calmly
- Asking for help
- Thinking strategically
- Taking action
- Situational awareness
- Prioritizing
- Focusing on one task

SAFETY PROCEDURES

- Less time on cell phone
- PPE
- JSA/JHA/PreTask Planning
- Seatbelts
- Toolcheck
- Lock out Tag out
- 360 walk around
- Ladder safety

CUSTOM TRAINING CASE STUDY

Industry: Heavy Civil Sitework Infrastructure

Situation: Improve health and safety of 53 foreman

Objective: Help them create a habit of their choice. Included personal habits like getting to bed before 11, exercise, stress management. Safety habits likes wearing seatbelts; completing job assessment or daily tailgate meetings; housekeeping, walk safe or drive safe strategies, following lock out tag out procedures, wearing safety glasses.

Results:

- 79% of foreman engaged in the challenge
- Increased desired behavior by 125% by the end of the challenge
- Increased confidence in ability to create new safety habits by 41%

HABIT MASTERY CONSULTING

TESTIMONIALS

Yes I put it on my JSA every morning and we talk about it so I remember to put my seatbelt on in equipment.

My habit was to get all crew to put locks when locking out equipment for repairs. Now **they are doing it without me telling 90% of time** so almost there. 👍

The feed back and encouragement are what makes this work. It's hard break bad habits and develops good habits no matter how committed you are.

It helped me focus on driving and the training I received when I first learned to drive. **My wife comments that a I drive better now.**

WHAT IS A HABIT?

**A HABIT IS A ROUTINE OF
BEHAVIOR THAT IS REPEATED
REGULARLY AND TENDS TO
OCCUR UNCONSCIOUSLY.**

WHAT'S GOING ON IN YOUR BRAIN

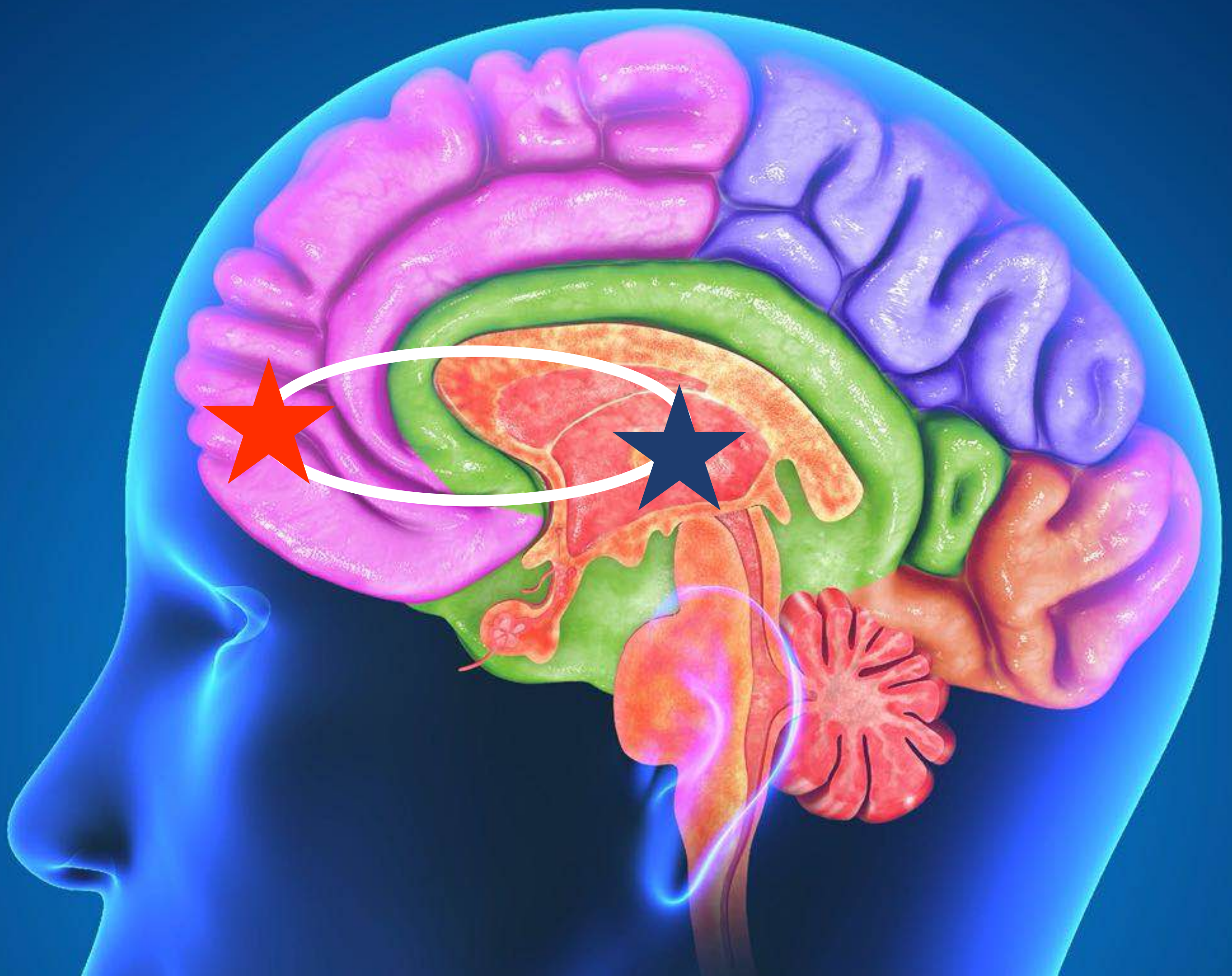
THE NEUROLOGY OF HABITS



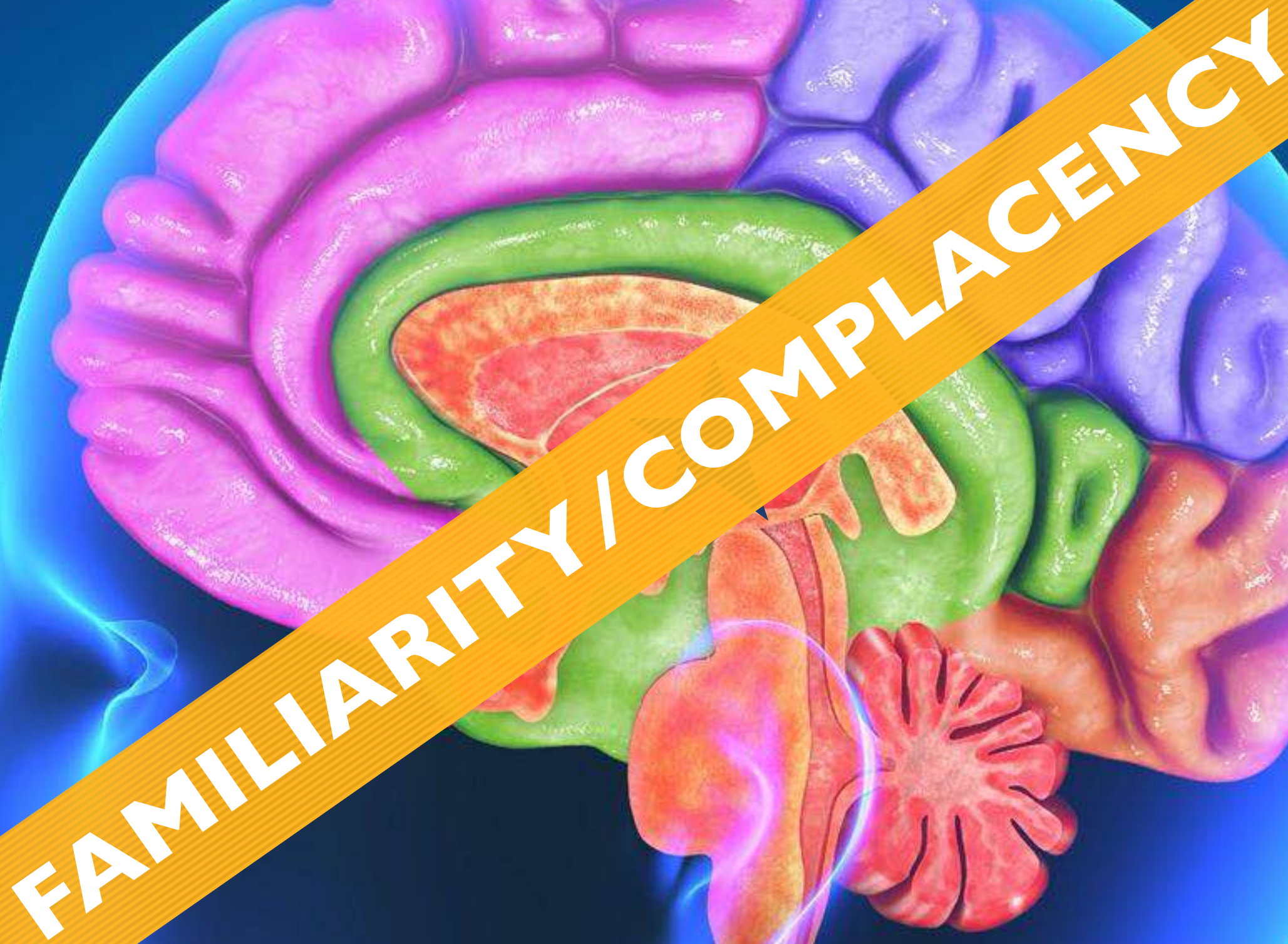


PRE-FRONTAL CORTEX INVOLVED IN

- 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
- Keeping the objective of the task in mind at the same time.





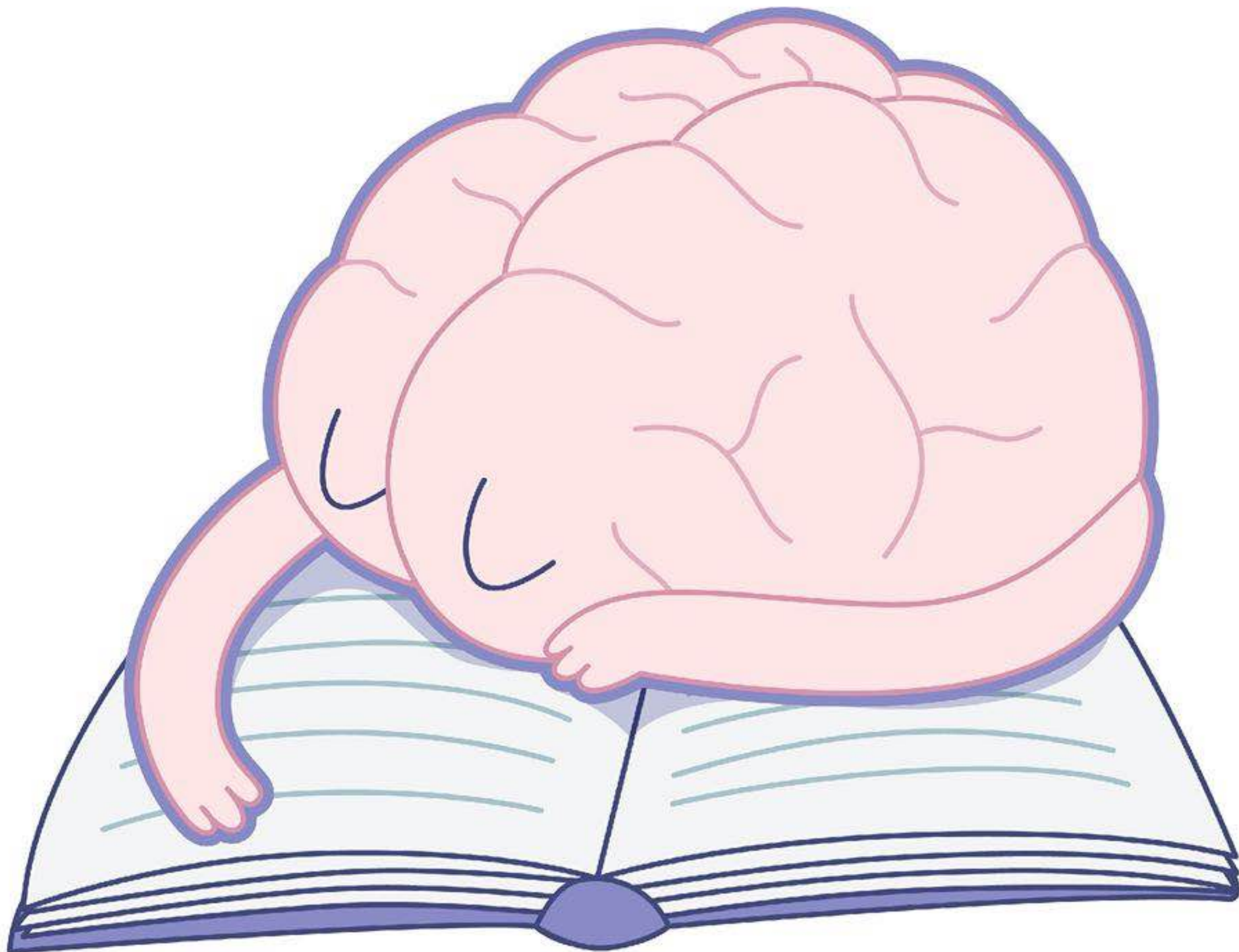


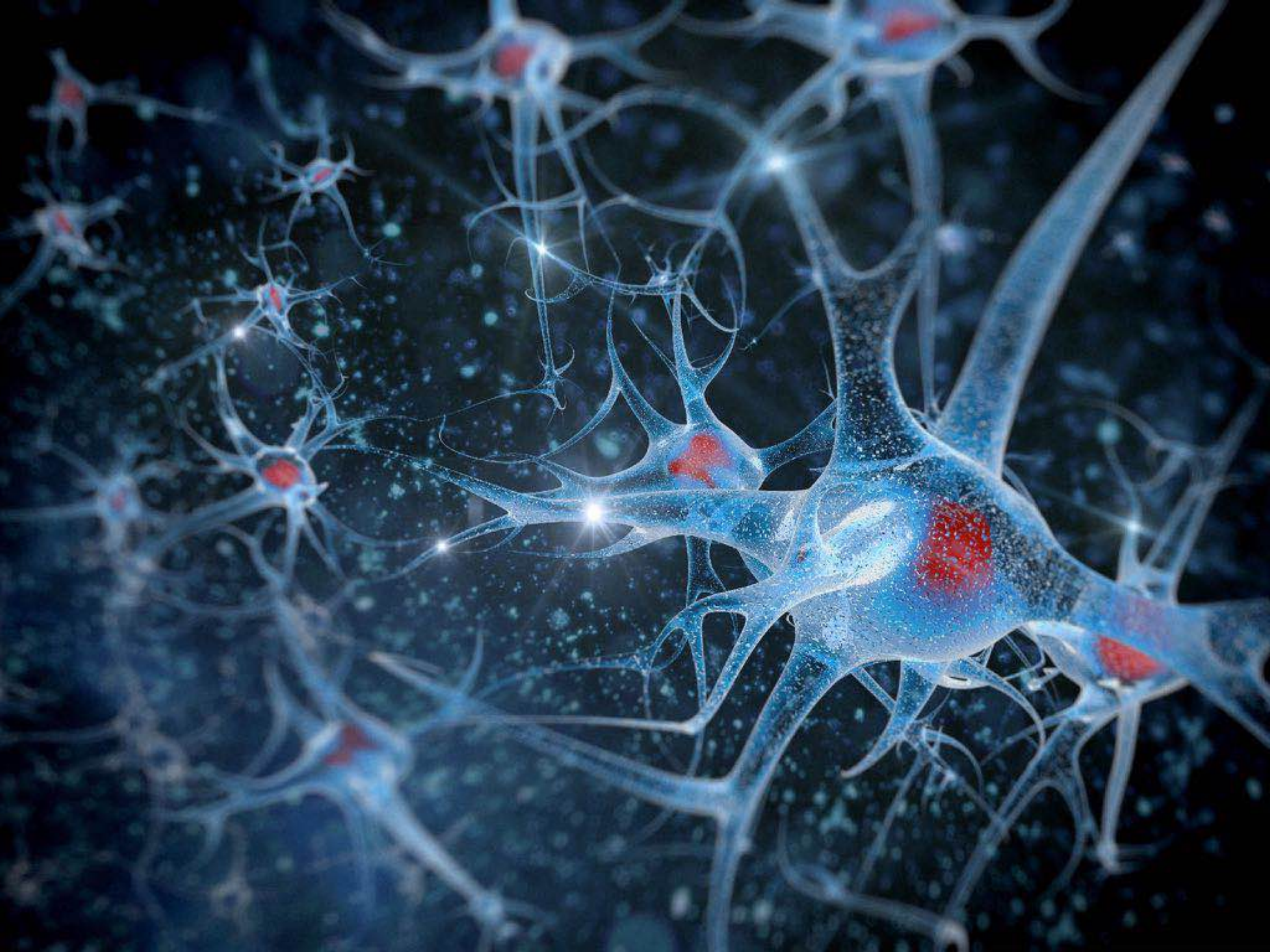
FAMILIARITY/COMPLACENCY

TAKE AWAY

**REPETITION IS THE
MOTHER OF HABIT**







TAKE AWAY

**EMPLOYEES ARE NOT
THEIR NEURAL PATHWAYS**

HABIT MASTERY CONSULTING

AREAS OF EXPERTISE

We are experts in creating good habits. Our habit creation strategies work for dozens of behaviors.

- **Safety:** Harness the power of habits so you can use habit when it protect your people and short circuit habit/complacency when it could be dangerous.
- **Health:** Your employees physical well-being impacts their safety and productivity at work. Habits like exercising, eating fruits and veggies, getting enough sleep, and drinking enough water are notoriously difficult to change. Our approach is different
- **Leadership & Team Dynamics:** 50% of job changers quit to get away from their manager and up to 70% of the variance between companies with high employee engagement vs. low employee engagement are directly related to the leadership effectiveness of manager (Gallup). The most successful leaders bring their team together fostering collaboration and achievement.

YOUR TRAINING CASE STUDY

Industry: Utility

Situation: Improve safety of 54 service techs

Objective: Attendees were assigned Computer Based Training on Driving, Electrical Safety, Heat Stress, and Ladder Safety. We piggy backed on that training to show them the real world application of the habits and how to make it part of their daily work.

Results:

- Delivered virtually
- 48% engaged in the challenge
- Increased targeted behavior by 193%

“The approach Sharon advocates works.... It is working for me! Also, the process of identifying what you value most brings perspective on why developing this new habit is important as it acts as a constant reminder each and every time I practice my new action or behavior.” COO

**HOW LONG DOES IT
TAKE TO CREATE A HABIT?**

FACTORS IN HOW LONG

FACTORS IN HOW LONG

- Motivation

FACTORS IN HOW LONG

- Motivation
- Pleasure

FACTORS IN HOW LONG

- Motivation
- Pleasure
- Complexity

FACTORS IN HOW LONG

- **Motivation**
- **Pleasure**
- **Complexity**
- **Existing neural pathway**

FACTORS IN HOW LONG

- Motivation
- Pleasure
- Complexity
- Existing neural pathway
- Frequency

FACTORS IN HOW LONG

- Motivation
- Pleasure
- Complexity
- Existing neural pathway
- Frequency
- Support

GOOD NEWS!!

GOOD NEWS!!

**IF YOU CAN CREATE A
BAD HABIT YOU CAN
CREATE A GOOD HABIT.**

THE MOST IMPORTANT NEURAL PATHWAYS TO CREATE
5 TYPES OF SAFETY HABITS

BUCKET #1

PHYSICAL HEALTH

Physical activity, eating healthy food, getting enough sleep, drinking enough water.



IN THE FIELD

**2005 TREND AND CAUSES OF FATAL ACCIDENTS
IN THE US CONSTRUCTION INDUSTRY
SOUTHERN POLYTECHNIC STATE UNIVERSITY**

IN THE FIELD

- 11% of events happened between 11am and 12pm

**2005 TREND AND CAUSES OF FATAL ACCIDENTS
IN THE US CONSTRUCTION INDUSTRY
SOUTHERN POLYTECHNIC STATE UNIVERSITY**

IN THE FIELD

- 11% of events happened between 11am and 12pm
- *Late morning snack break*

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IN THE FIELD

- 11% of events happened between 11am and 12pm
 - *Late morning snack break*
- 11% of events happened between 2pm and 3pm

**2005 TREND AND CAUSES OF FATAL ACCIDENTS
IN THE US CONSTRUCTION INDUSTRY
SOUTHERN POLYTECHNIC STATE UNIVERSITY**

IN THE FIELD

- 11% of events happened between 11am and 12pm
 - *Late morning snack break*
- 11% of events happened between 2pm and 3pm
 - *Late afternoon break; Address sleep habits*

**2005 TREND AND CAUSES OF FATAL ACCIDENTS
IN THE US CONSTRUCTION INDUSTRY
SOUTHERN POLYTECHNIC STATE UNIVERSITY**



BUCKET #2

TELL STORIES

Character driven; emotional content

Who? When? Where? What? Why? How?





3 sentences improved the average adjusted safety behavior by 19%.

"A 2-YEAR-OLD GIRL WAS STRANGLED WHEN HER NECKLACE BECAME CAUGHT ON A LONG BOLT WHILE SHE WAS PLAYING ON HER SWING SET. THE GIRL'S GRANDMOTHER FOUND HER HANGING BY THE NECK FROM THE FRAME OF THE SWING WITH HER NECKLACE CAUGHT ON THE BOLT. BY THE TIME HER GRANDMOTHER FOUND HER, THE GIRL'S BODY WAS LIMP AND SHE WAS NOT BREATHING."

**USING STORIES TO BATTLE UNINTENTIONAL INJURIES
NARRATIVES IN SAFETY AND HEALTH COMMUNICATION
RICKETTS, M., SHANTEAU, J., MCSPADDEN, B., &
FERNANDEZ-MEDINA, K. M. (2010)**



BUCKET #3

COMMUNICATE

From all levels. Positive reinforcement. As people and as professionals.



**DIALOGUE: THE FREE FLOW OF MEANING
BETWEEN TWO OR MORE PEOPLE**

**PURPOSE OF DIALOGUE:
TO FILL THE POOL OF SHARED MEANING**

**THE PAYOFF: THE GREATER THE SHARED MEANING
IN THE POOL, THE BETTER THE DECISION**

**A SUMMARY OF CRUCIAL CONVERSATIONS
BY K. PATTERSON, J. GRENNY, R. MCMILLAN, AND A. SWITZLER**

HOW TO CREATE TRUST

1. Follow Through
2. Acknowledge Mistakes
3. Seek Feedback
4. Praise Accomplishments
5. Get To Know As Individuals



WHAT IS MINDFULNESS?

NOTICING

WHAT IS MINDFULNESS?



THE ANTIDOTE TO HABIT
MOVE BRAIN ACTIVITY

BUCKET #4

STRESS MANAGEMENT

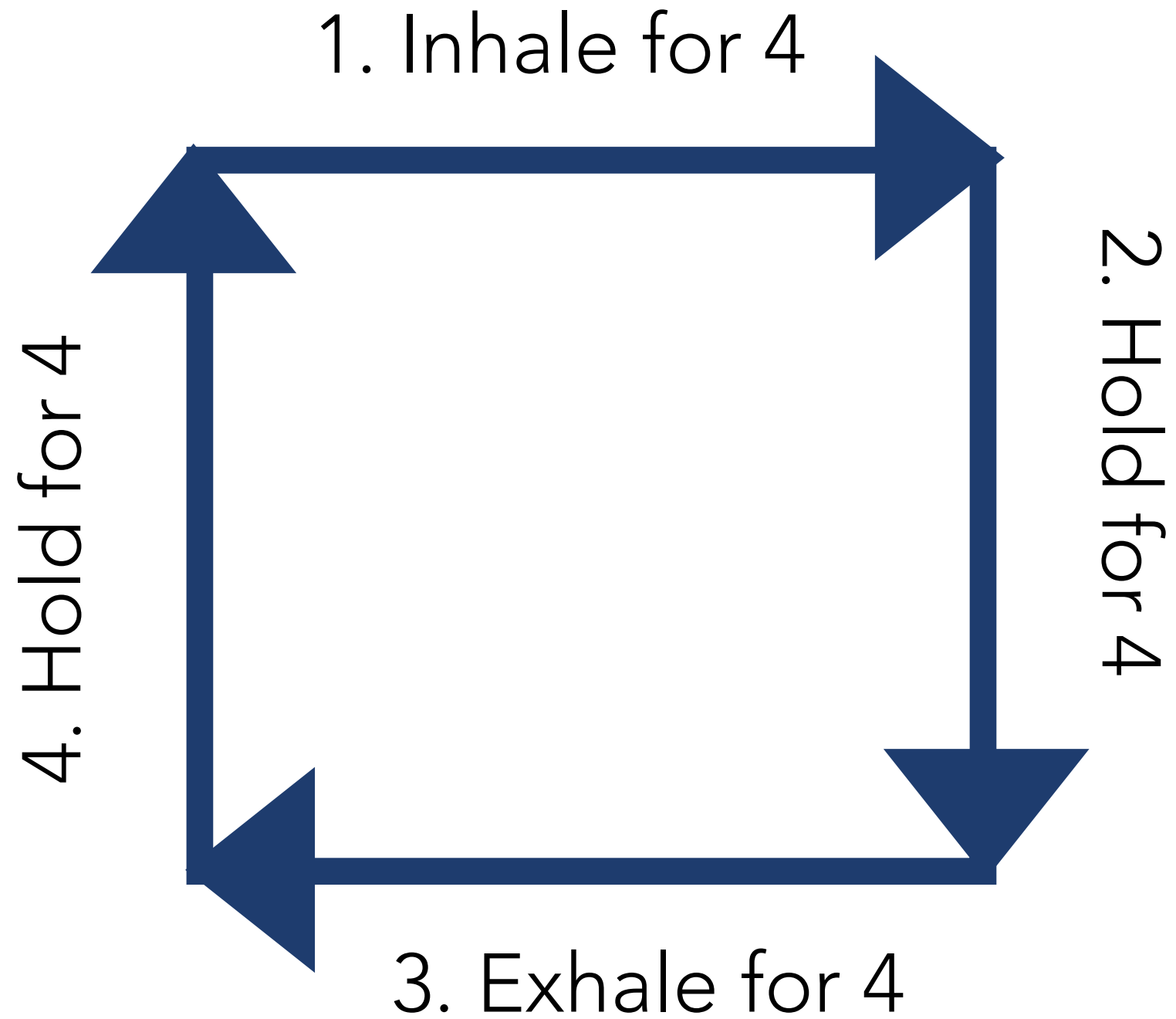
Mindfulness is the antidote to habit and will short circuit complacency.



MINDFULNESS IN THE MOMENT

BREATHING

TACTICAL BREATHING



BUCKET #5

SITUATIONAL AWARENESS

Noticing the surrounding environment and evaluating risk.



MINDFULNESS IN THE MOMENT

SCANNING

LOOK LEFT TO RIGHT BEFORE STARTING WORK & PERIODICALLY WHILE WORKING

See?

- **Who Is Working Around Me?**
- **Where Are They Working?**
- **What Tools Are They Using?**

Hear?

- **What Noises Do I Hear?**
- **What's Normal? What's Not?**

Smell?

- **What Do I Smell?**
- **What's Normal? What's Not?**

Weather

- **Wind? Storms?**

Environment

- **Overhead Lines**
- **Clutter**

TRAIN THE TRAINER CASE STUDY

Industry: Oil and Gas

Situation: Train 1,000 hourly employees on becoming better safety leaders in a 3 month period. But employees have heard the same information multiple times and can tune out safety messages. They wanted to change employees behavior over the long term.

Objective. Develop a 4 hour training based on existing company vision, values, and materials. Make existing training material new and exciting. Give employees a set of tools, so they can change their behavior.

Targeted Habits: Driving, Situational Awareness, Sniff Testing, Pre Job Task Planning, Reviewing Hazards With New Arrivals, Stop Work, Leaving Cell Phone in Truck, Tactical Breathing

Results:

- Trained 15 safety supervisors to deliver training
- 67% of employees participated in the challenge at least 50% of the time
- Increased desired behavior by 75% by the end of the challenge

HABIT MASTERY CONSULTING

TESTIMONIALS

It's not necessarily the habit itself, but **the ability to create and think in a more safety conscious (way).**

And in the end, the investment of cultivating the new behavior **paid considerable dividends in both increased productivity and personal peace.** The greatest investment in ones self and others is the focused dedication to achieving positive goals.

This message is to say thank you. And to let you know that a Habit is a deliberate Act. I would also like to thank you for responding to my messages it made me **feel like we are a team.** Thanks for the encouragement.

Yes, I've practiced my habit for 10 straight days now. The training was actually very good in my opinion. **Made me snap out of some bad habits so thank you.**

LET'S DO THIS!

MAKE A NEW HABIT



GET THE TOOLBOX TALKS SERIES

SHARON@HABITMASTERYCONSULTING.COM

POSSIBLE HABITS

Physical Health

- Exercising
- Eating healthy
- Getting more sleep
- Drinking water

Mindfulness/Stress

- Meditating
- Reacting calmly
- Feeling grateful
- Getting outside
- Reading

Communication

- Listening
- Asking more questions
- Updating on status
- Checking for understanding

Defensive Driving

- Phone in glovebox
- Checking Mirrors
- GPS Before Driving

Leadership

- Asking more questions
- Asking for feedback
- Giving feedback
- Giving recognition
- Celebrating victories
- Assigning tasks

Work/Life Balance

- Family dinners
- Leaving work on time
- Having hobbies
- Saying no
- Volunteering
- Unplugging

Collaboration

- Holding effective meetings
- Starting on time
- Brainstorming
- Hearing from all team members

Problem Solving

- Defining the problem
- Thinking strategically
- Prioritizing
- Taking Action

Productivity

- Making to-do lists
- Prioritizing
- Focusing on one task
- Organizing paperwork
- Making decisions

Safety

- PPE
- JSA/JHA
- Seatbelts
- Toolcheck
- Situational Awareness
- Lock out Tag out
- 360 Walkaround
- Ladder Safety

TIPS FOR CHOOSING A HABIT

- **Something you do and not something you need to stop doing**
- **Happens 5 days a week**
- **Something you're not already doing every day**
- **Something you have control over**

LET'S DO THIS!

WHAT HABIT?



PPE



DRIVE WITHOUT CELL



STRESS MANAGEMENT



SITUATIONAL AWARENESS



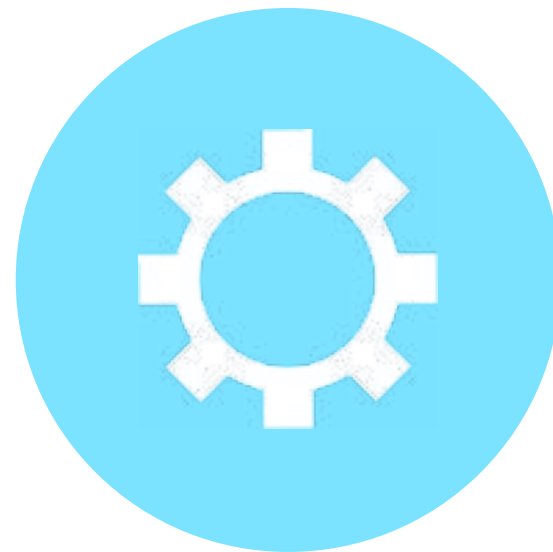
SELF CHECK



COMMUNICATION

IT ALL STARTS HERE

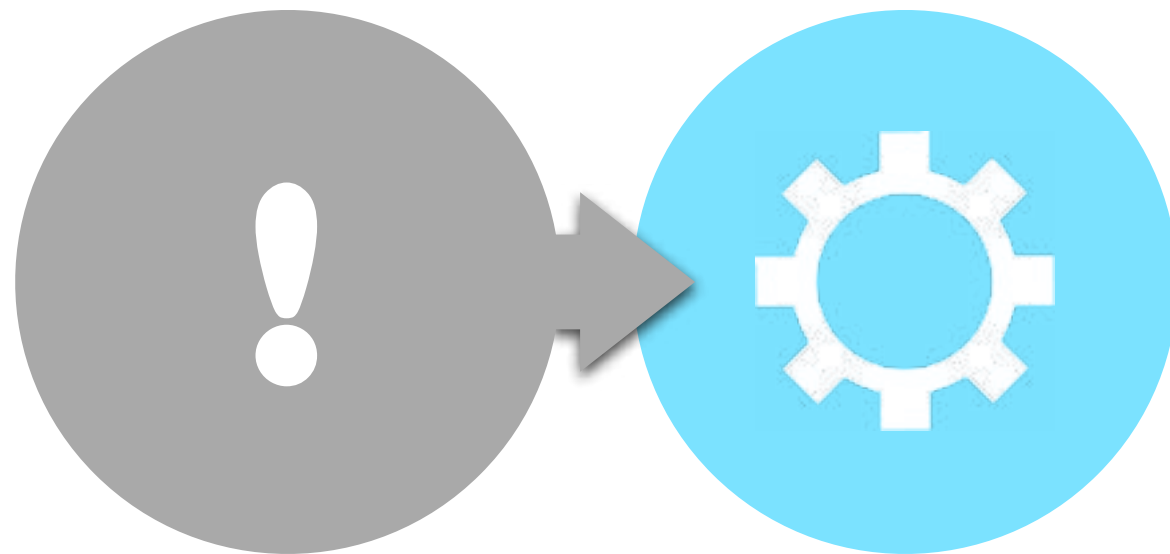
ANATOMY OF A HABIT



ACTION

IT ALL STARTS HERE

ANATOMY OF A HABIT

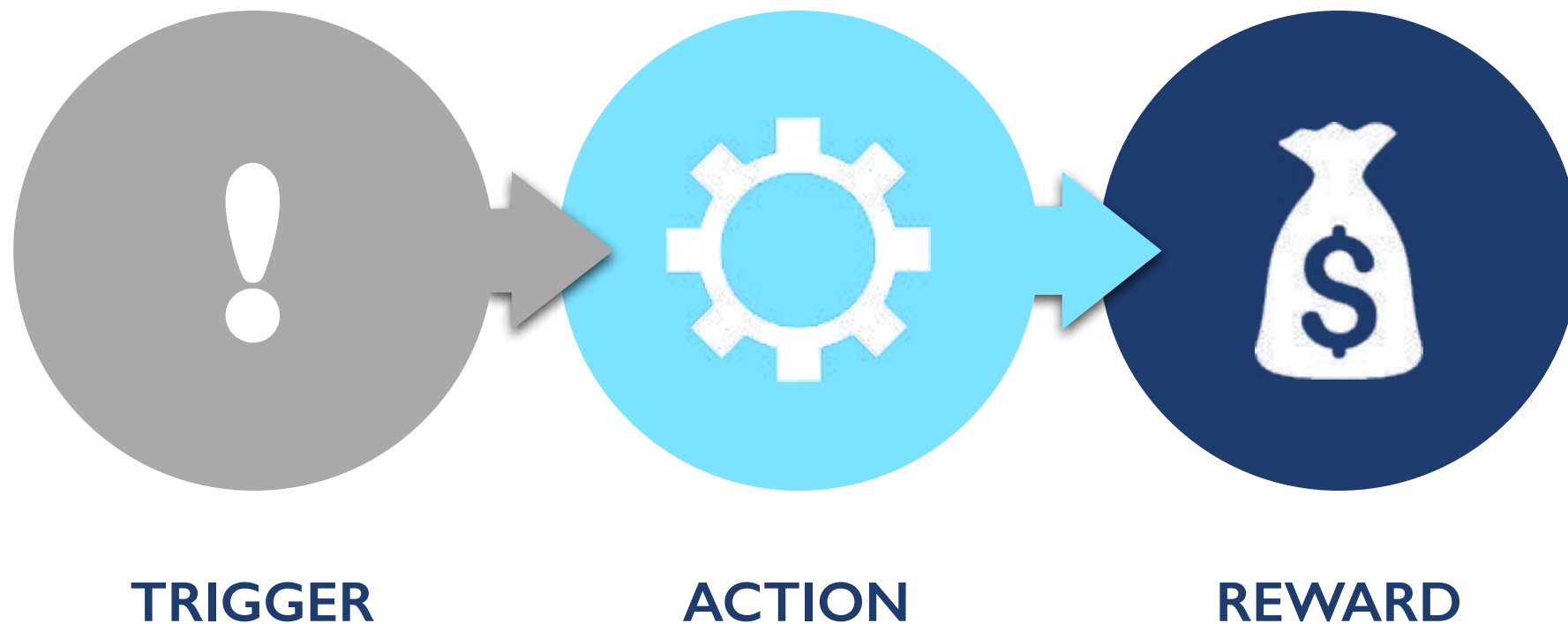


TRIGGER

ACTION

IT ALL STARTS HERE

ANATOMY OF A HABIT



TAKE AWAY
MAKE TRAINING
ACTIONABLE

PITFALL!

**HABITS ARE AN
INSIDE/OUT JOB**

CRITICAL STEP

CREATE OWNERSHIP

- Establish what is important to them
- Create reality of safety incident
- Connect to how that jeopardizes what is important to them.



STEP I

ACTION STEPS



SIMPLE



SPECIFIC



ATTAINABLE

STEP 1: ACTION STEP

SIMPLE, SPECIFIC, ATTAINABLE



ZIP SAFETY VEST



PUT PHONE IN GLOVEBOX



10MIN TACTICAL BREATHING



30 SECS LEFT TO RIGHT



DO I FEEL RUSHED?



ASK 3 QUESTIONS

TOP SECRET STRATEGY

THE MINIMUM REQUIREMENT

WHAT'S THE MINIMUM?

TINY STEP



N/A



N/A



I CYCLE



LEFT TO RIGHT ONCE



PAUSE, DEEP BREATH



ASK 1 QUESTION

STEP 2

CHOOSE A TRIGGER

ALARM BRUSH TEETH SHOWER GET DRESSED



A FEW EXAMPLES OF POSSIBLE TRIGGERS



PUTTING ON VEST



GETTING INTO FRONT SEAT



BREAK FOR LUNCH



BACK FROM BREAK



LET'S GET THIS DONE



PRE JOB TASK PLANNING

STEP 3

CHOOSE A REWARD



.....

**Caution: Avoid long-term end of line rewards.
Reward should happen as close to the end of the action as possible.**

PITFALL! THESE ARE NOT REWARDS
GO HOME IN ONE PIECE
KEEP YOUR JOB
PIZZA PARTY NEXT MONTH

WHICH ONES WILL WORK FOR YOU?

4 TYPES OF REWARDS

PHYSICAL- MOVEMENT

- ★ FIST PUMP
- ★ CHEST BUMP
- ★ CLAP HANDS
- ★ SNAP FINGERS
- ★ VICTORY/END
ZONE DANCE
- ★ JUMP
- ★ SNAP
- ★ SALUTE
- ★ SELF HI-FIVE

WHICH ONES WILL WORK FOR YOU?

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- ★ VICTORY/END
ZONE DANCE
- ★ JUMP
- ★ SNAP
- ★ SALUTE
- ★ SELF HI-FIVE

PHYSICAL- REACTION

- ★ COFFEE /TEA
- ★ GATORADE
- ★ CANDY
- ★ GUM
- ★ LUNCH
- ★ SNACK
- ★ SHOWER
- ★ SPLASH
WATER
- ★ BRUSH TEETH

WHICH ONES WILL WORK FOR YOU?

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- ★ SNACK
- ★ SHOWER
- ★ SPLASH WATER
- ★ BRUSH TEETH

EMOTIONAL

- ★ TO-DO LIST
- ★ LISTEN TO MUSIC
- ★ HUM ROCKY THEME
- ★ GRATITUDE
- ★ MANTRA
- ★ PIC OF FAMILY
- ★ HEAR CROWD CHEERING
- ★ MOBILE APP

WHICH ONES WILL WORK FOR YOU?

4 TYPES OF REWARDS

PHYSICAL- MOVEMENT

- ★ FIST PUMP
- ★ CHEST BUMP
- ★ CLAP HANDS
- ★ SNAP FINGERS
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- ★ HEAR CROWD CHEERING
- ★ MOBILE APP

SOCIAL

- ★ FACEBOOK
- ★ FITBIT
- ★ CALL A FRIEND
- ★ TEXT FAMILY MEMBER
- ★ HANDSHAKE/ HI-FIVE
- ★ THUMBS UP
- ★ GROUP TRACKING

A FEW EXAMPLES OF POSSIBLE REWARDS



CHEST BUMP



SLAP DASHBOARD



LUNCH



CANDY



SAFETY FIRST



THUMBS UP

WHICH ONES WILL WORK FOR YOU?

CHOOSE 3 TO EXPERIMENT WITH

PHYSICAL- MOVEMENT

- ★ FIST PUMP
- ★ CHEST BUMP
- ★ CLAP HANDS
- ★ SNAP FINGERS
- ★ VICTORY/END ZONE DANCE
- ★ FREE THROW
- ★ JUMP
- ★ SALUTE
- ★ SELF HI-FIVE

PHYSICAL- REACTION

- ★ COFFEE /TEA
- ★ GATORADE
- ★ CANDY
- ★ GUM
- ★ LUNCH
- ★ SNACK
- ★ SHOWER
- ★ SPLASH WATER
- ★ BRUSH TEETH

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- ★ HANDSHAKE/ HI-FIVE
- ★ THUMBS UP
- ★ GROUP TRACKING

HABIT ACTION PLAN

MY HABIT PLAN IS TO (INSERT YOUR ACTION STEP) EVERY (INSERT YOUR TIME FRAME) RIGHT AFTER (INSERT TRIGGER). I WILL REWARD MYSELF BY (INSERT REWARD HERE). ON DAYS THAT I DON'T WANT TO DO MY NEW HABIT, I WILL (INSERT MINIMUM REQUIREMENT).

PPE

**MY PLAN IS TO ZIP UP MY VEST
EVERY TIME I PUT MY VEST ON.
I WILL REWARD MYSELF BY
TAPPING MY CHEST.**

SCANNING

MY PLAN IS TO DO 30 SECONDS OF SCANNING EVERY TIME I GET BACK FROM BREAK. I WILL REWARD MYSELF BY HAVING A PIECE OF CANDY. ON DAYS THAT I DON'T WANT TO DO MY NEW HABIT, I WILL LOOK LEFT TO RIGHT ONCE.

TACTICAL BREATHING

MY PLAN IS TO DO 10 MINUTES OF TACTICAL BREATHING EVERY LUNCH BREAK RIGHT AFTER I BREAK FOR LUNCH. I WILL REWARD MYSELF BY HAVING LUNCH. ON DAYS THAT I DON'T WANT TO DO MY NEW HABIT, I WILL DO ONE CYCLE.

HABIT ACTION PLAN

MY HABIT PLAN IS TO (INSERT YOUR ACTION STEP) EVERY (INSERT YOUR TIME FRAME) RIGHT AFTER (INSERT TRIGGER). I WILL REWARD MYSELF BY (INSERT REWARD HERE). ON DAYS THAT I DON'T WANT TO DO MY NEW HABIT, I WILL (INSERT MINIMUM REQUIREMENT).

HABIT MASTERY CONSULTING

TESTIMONIALS

“It was great to reprogram my belief that new habits are almost impossible. Several other things I was working on concurrently (without the structure) improved as well. There was a **global improvement in my commitment to making changes**. Thank you so much!” Program Participant

I had a great experience.

Love this method! Thank you for the wisdom

“Thank you so much! **New habits have just started falling into place without even thinking about it** since starting your technique!” Program Participant

STEP 4

PLAN FOR SUCCESS



LOGISTICAL

What do you need & where do you need it.



EXTERNAL

Who & what will throw you off track?



INTERNAL

How will you get in your own way?



THE HARD PART

DO IT

Create neural pathways through intentional,
consistent action.



WATCH OUT FOR...

- **Excuses**

WATCH OUT FOR...

- **Excuses**
- **Distraction**

WATCH OUT FOR...

- **Excuses**
- **Distraction**
- **Boredom**

WATCH OUT FOR...

- **Excuses**
- **Distraction**
- **Boredom**
- **Apathy**

WATCH OUT FOR...

- **Excuses**
- **Distraction**
- **Boredom**
- **Apathy**
- **Irritation**

TAKE AWAY
HAVE A FOLLOW UP
PROGRAM

THE HABIT CHALLENGE

LOW TECH

TEXT

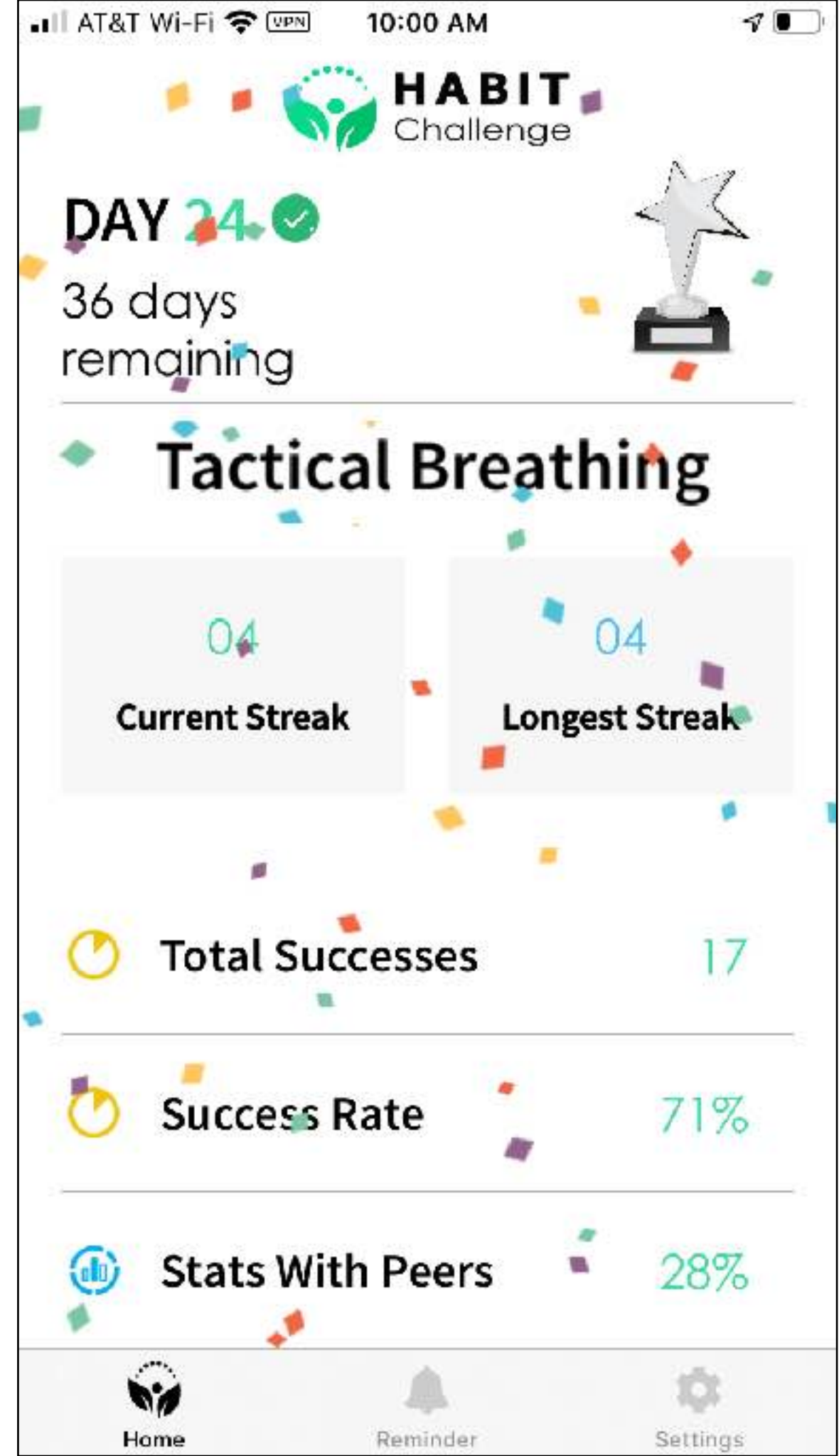
EMAIL

MOBILE APP

GAMIFICATION/
COMPETITION

MEASUREMENT

SUPPORT



WE HELP YOU CLOSE YOUR TRAINING GAP

OUR RESULTS

ENGAGED EMPLOYEES

Employees who participate in our 60 Day Habit Challenges.



68%



150%

CHANGED BEHAVIOR

Increase of targeted behavior at the end of 60 days.

Had surgery yesterday and still had time to reinforce my habit.

Was back to work early this morning and had a most productive day. We are not defined by our condition.

Normal part of my day it's not something to be done unintentionally...Normal becomes Natural

Yes, I've done it everyday. **It's become a habit**

Thank you Sharon for the words of encouragement along the way, **it has been fun and exciting to see myself adapt and continue to change as I grow older.**



GET THE TOOLBOX TALKS SERIES

SHARON@HABITMASTERYCONSULTING.COM



QUOTABLE

**THE ONLY THING STANDING
BETWEEN YOU AND THE EMPLOYEES
YOU WANT ARE THE GOOD HABITS
YOU WISH THEY HAD AND THE BAD
HABITS YOU WISH THEY DIDN'T.**

SHARON LIPINSKI

THANK YOU!

LET'S CLOSE YOUR TRAINING GAP

SHARON@HABITMASTERYCONSULTING.COM 970-581-7681

