

Evolution of Self

Who do you want to be next?



Evolution of Self

Your habits reflect who you are

The layers of Behavior Change

At your soul is your identity- the person that you believe you are

For example- I'm the type of person who never misses a workout

The next layer your performance- The actions you take.

For example- I start my day with movement

Finally your appearance- the way the world perceives you.

For example- You seem more energetic & happy

Reflection:

What habits do you want to create or circle back to from this course?

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Core Strategies to change your habits

- Change your identity to change a habit
- Identify your Keystone Habit
- Transfer habit to an existing habit (pick a trigger)
- Batch your habits
- Make it ridiculously achievable to guarantee your success (start small)
- Schedule better habits...(put it on the calendar)
- Focus on the practice not the performance
- Replace bad habits with good habits
- Kaizen approach to habit change- small incremental improvements
- Surrender into the process not the outcome
- Figure out the “other” rewards you get from a bad habit. Rewrite those rewards into your “new” habit

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Areas to focus on:

What does your morning routine look like?

What does your evening routine look like?

Do you have a meditation practice?

Are you eating an early lighter dinner?

Are you going to bed by 10pm to rise around the sunrise?

Are you eating more in season?

Are you eating more species?

Do you do a self-massage practice or dry brush?

Are you moving your body & how are you being called to do so?

Do you notice how foods are making you feel?

Are you tapping into the 5 senses?

Are you being called to spend more time in nature?

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Finish the below sentences to help solidify your new habits....

I'm becoming the kind of person.....

Who.....

that.....

wants.....

cherishes.....

appreciates.....

For example

Who.....wants to eat healthy and in season, be a good role model for my son

that.....cooks from home, eats according to the seasons

wants.....to feel good, full of energy and have a connection to what she's eating

cherishes.....my time with my son & husband

appreciates..... taking time for myself each day

Who supports me with new evolved habits:

Who doesn't support my new evolved habits:

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If I continues these habits, I'll probably experience this in the next 10 weeks:

1.

2.

3.

4.

If I continue these habits, I'll probably experience this in the next 6 months:

1.

2.

3.

4.