

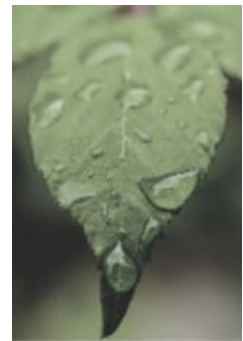
*"It is easy to get bogged down trying to find the optimal plan for change: the best way to change jobs or lose weight, etc. We are so focused on the best method that we never take action."* James Clear.

## Introduction

Personal growth often revolves around change, yet experience has taught us that willpower and motivation are seldom sufficient to achieve sustainable change. Research in behavioural psychology strongly suggests that it is much more effective to invest one's energy and attention on tiny modifications in one's daily life.

## Objectives

In this half day interactive workshop we will focus on the habit creation process and the building of a proper foundation for micro changes in our daily routines. Furthermore, we will explore new formulas for strengthening habits and associating them with the change we'd like to see in ourselves. Many of the activities of this workshop are based on concepts presented in James Clear's book, "Atomic Changes".



## Content

- Use the "1% formula" for change.
- Understand the importance of being aware of our daily distractions and the benefits of keeping a Habits Scorecard.
- Understand the difference between goals and outcomes and the importance of developing **identity based** habits.
- Create your own Habit Stacking formula as a bridge to a new identity.
- Take a deep dive into the Four Laws of Good Habit Creation.
- Explore the power of the 2-minute rule to break bad habits.