

“Giving up smoking is the easiest thing in the world. I know because I’ve done it a thousands of times” - Mark Twain

### You may have successfully lost weight on a diet, but have you kept it off?

- You have to change HABITS in order to change BEHAVIORS
- Willpower is short lived and can only be used for “so long”. Where as habits take time to form.

### Our brain is like a ski slope: The more you go down a pathway, the easier the pathway becomes.

- Our brains have to form new neural pathways that eventually become easier to “go down.”
- The brains like to do things more automatically so that it can **conserve as much energy as possible**.
- Habits are automatic behaviors and thoughts.



“Habits form to satisfy a craving” - James Clear

### Connect habits you want to create with things that are enjoyable (craving).

- **Habits = Ease + Repetition + Time**

Habits can only be formed through repetition. And **ENOUGH REPETITION** to create a behavior that is more automatic. The behavior must start EASY and progress in difficulty over **TIME**.



YOU are not a failure at dieting,  
**diets FAIL you.**

## How to create a new habits in relation to maintaining weight loss?

1. Avoid using the scale (weight loss) as a form of motivation
  - Use other factors such as improving health (decreased cholesterol or blood sugar); improving body composition (increasing muscle) or increasing strength and flexibility (getting up from the floor easier).
2. Pair a new habit with a habit that is already established.
3. Remove the cue of a habit you want to “break”.
  - Take away what is getting **IN** the way.
4. Planning (failing to plan is planning to fail).
5. Start small (1 degree shifts).
6. Create realistic goals:
  - Make sure goals are small enough that you can’t talk yourself out of them.
7. Use self-efficacy vs relying on the “feeling” of motivation
  - Confidence sustains behaviors, not feelings (they come and go!)
8. Get back on track as soon as possible (within the day).
9. Make the habit you are working on **attractive, obvious, easy, and/or satisfying**

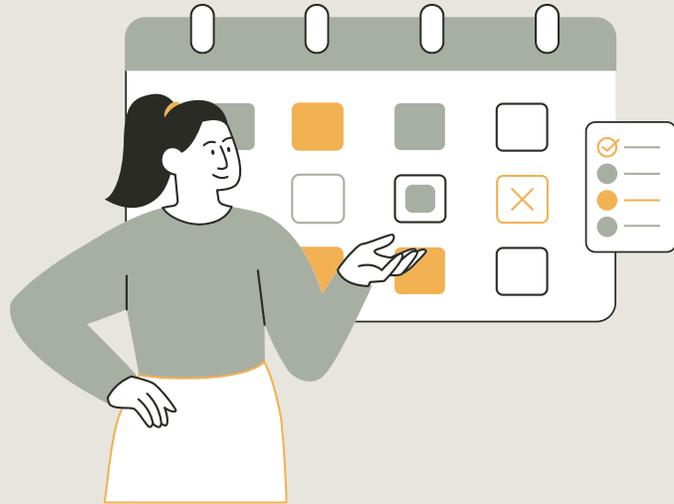


Build off small victories vs being demoralized  
by recurring failure/set-backs.

## How to create a goal?

**Be SMART about it! Not SMT about it!**

- S**pecific
- M**easurable
- A**ttainable
- R**ealistic
- T**ime Bound



## Understanding the feelings of **Motivation** vs **TASK initiation**

- "Lack of motivation" = "I don't care, it's not important, I don't need to..."
- Motivation = "I think this is important, I need to, I want to get started..."
- **Most people have plenty of motivation**, what they **struggle** with is **TASK initiation**
- Tasks need to be associated with understanding the steps of the habit and **creating routines associated with the task.**

3 Words: Action Precedes Motivation!

### How do you break an “old” habit?

1. Be aware of the habits that are not serving you and establish your **WHY**.
2. Be aware of your **VALUES** (if you are not living your values, you are most likely suffering).
3. Modify cues that lead you to engage in an “old” habit and make it more difficult to engage in that habit.
4. Practice self-compassion:
  - o “Old” habits were created for a reason.  
Time to move on

### Create Your Own Habit Planner!

#### INCLUDE:

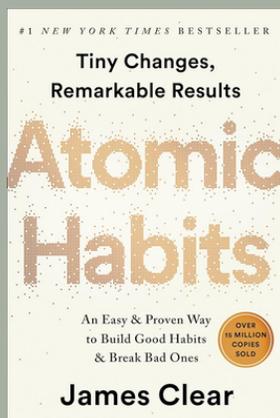
- o Slight Reminders:
- o Task Breakdown:



### Use these Resources to learn more!

Recommended book:

James Clear “Atomic Habits”



Recommended sites:

Kristen Neff: Self Compassion  
<https://self-compassion.org/>

Brene Brown: Understanding Values and your WHY

**(Worksheet Attached)**

<https://coachming.medium.com/living-into-our-values-f9b3db2d0f42>

List of values: **(Worksheet Attached)**

Reflect:

**1. Reflect on the current habits you want to change. How have these habits served you in the past? What are the reasons you need to move on from them?**

**(Tie them to values)**

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**2. What is your WHY?**

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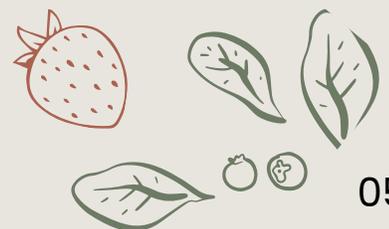
**3. Complete the worksheet on "Living Into our Values." (Attached)**

**4. Practice writing out two smart goals based on your WHY (values).**

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**Create a SMART goals in the following 4 categories:**

### Nourishing Goal:

**Specific** — What do I want to accomplish and why?  
.....

**Measurable** — How will I know when I have accomplished it?  
.....

**Attainable** — How can I accomplish this goal?  
.....

**Realistic** — Is this the right time for me to be working towards this goal?  
.....

**Timebound** — When do I want to accomplish this goal by?  
.....

### Movement Goal:

**Specific** — What do I want to accomplish and why?  
.....

**Measurable** — How will I know when I have accomplished it?  
.....

**Attainable** — How can I accomplish this goal?  
.....

**Realistic** — Is this the right time for me to be working towards this goal?  
.....

**Timebound** — When do I want to accomplish this goal by?  
.....

### Self Care Goal:

**Specific** — What do I want to accomplish and why?  
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**Measurable** — How will I know when I have accomplished it?  
.....

**Attainable** — How can I accomplish this goal?  
.....

**Realistic** — Is this the right time for me to be working towards this goal?  
.....

**Timebound** — When do I want to accomplish this goal by?  
.....

### Mindfulness Goal:

**Specific** — What do I want to accomplish and why?  
.....

**Measurable** — How will I know when I have accomplished it?  
.....

**Attainable** — How can I accomplish this goal?  
.....

**Realistic** — Is this the right time for me to be working towards this goal?  
.....

**Timebound** — When do I want to accomplish this goal by?  
.....



# Living Into Our Values

## Values Clarification

*Content and exercise covered on pages 185–197 of Dare to Lead.*

Refer to the list on page 3 and identify your two values—the beliefs that are most important to you, that help you find your way in the dark, that fill you with a feeling of purpose.

When selecting your values, ask yourself the following questions:

- Does this define me?
- Is this who I am at my best?
- Is this a filter that I use to make hard decisions?

**Value 1:**

**Value 2:**

## Taking Values From BS to Behavior

Answer the following questions to dig into your values:

### Value 1:

- 1.** What are one or two behaviors that support your value?

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- 2.** What are one or two slippery behaviors that are outside your value?

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- 3.** What's an example of a time when you were fully living into this value?

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### Value 2:

- 1.** What are one or two behaviors that support your value?

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- 2.** What are one or two slippery behaviors that are outside your value?

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- 3.** What's an example of a time when you were fully living into this value?

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Keeping in mind both of your values, answer the following:

**1.** Who is someone who knows your values and supports your efforts to live into them?

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**2.** What does support from this person look like?

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**3.** What can you do as an act of self-compassion to support yourself in the hard work of living into your values?

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**4.** What are the early warning indicators or signs that you're living outside your values?

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**5.** What does it feel like when you're living into your values?

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**6.** How can you check yourself?

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# List of Values

- |                    |                     |                      |                  |
|--------------------|---------------------|----------------------|------------------|
| Accountability     | Efficiency          | Intuition            | Security         |
| Achievement        | Environment         | Job security         | Self-discipline  |
| Activism           | Equality            | Joy                  | Self-expression  |
| Adaptability       | Ethics              | Justice              | Self-respect     |
| Adventure          | Excellence          | Kindness             | Serenity         |
| Altruism           | Fairness            | Knowledge            | Service          |
| Ambition           | Faith               | Leadership           | Simplicity       |
| Authenticity       | Family              | Learning             | Spirituality     |
| Balance            | Financial stability | Legacy               | Stewardship      |
| Beauty             | Forgiveness         | Leisure              | Success          |
| Being the best     | Freedom             | Love                 | Teamwork         |
| Being a good sport | Friendship          | Loyalty              | Thrift           |
| Belonging          | Fun                 | Making a difference  | Time             |
| Career             | Future generations  | Nature               | Tradition        |
| Caring             | Generosity          | Openness             | Travel           |
| Co-creation        | Giving back         | Optimism             | Trust            |
| Collaboration      | Grace               | Order                | Truth            |
| Commitment         | Gratitude           | Parenting            | Understanding    |
| Community          | Growth              | Patience             | Uniqueness       |
| Compassion         | Harmony             | Patriotism           | Usefulness       |
| Competence         | Health              | Peace                | Vision           |
| Confidence         | Heritage            | Perseverance         | Vulnerability    |
| Connection         | Home                | Personal fulfillment | Wealth           |
| Contentment        | Honesty             | Power                | Wellbeing        |
| Contribution       | Hope                | Pride                | Wholeheartedness |
| Cooperation        | Humility            | Recognition          | Wisdom           |
| Courage            | Humor               | Reliability          |                  |
| Creativity         | Inclusion           | Resourcefulness      |                  |
| Curiosity          | Independence        | Respect              |                  |
| Dignity            | Initiative          | Responsibility       |                  |
| Diversity          | Integrity           | Risk-taking          |                  |

Write your own:

