

## ***“Attitude is a choice”- James Clear***

**According to Atomic Habits**, by James Clear, there are 4 things you can do to create a better attitude—

1. Start by making announcements that are pronouncements about what you want - Say aloud "I will have a good day"
2. Start your day by declaring what you want.
3. Reiterate and use a parallel thinking model for hard-to-start stuff- consistency. "I know it is hard, but I know I can do it." I like to make a pro and con list.
4. Show and tell- talk yourself through (Out loud!) it and visualize your task at hand completed.

“Choice architecture” vs willpower.

There was a hospital cafeteria that had a display of sodas near the checkout. When they switched that display for water and moved the sodas to the back of the cafeteria, they saw a 25.8% increase in water sales and an 11.4% drop in soda sales. This goes to show that choice is influenced by environment—what was easy to get was what got chosen.

Remember: what you see and is easily available will influence your choices--you can curate your environment to support your habits.

A few years ago one of our lovelies shared how one of the things that helped her the most was moving the sugary stuff from her pantry to a new location and out of sight—it made a difference for her. She also shared the temptation of the brownie her daughter had made (and left after dinner was over). She was highly tempted by it, but instead of allowing it to torture her till she caved, she talked to it. This is the quote from her post, "You'll just make me feel gross, you're not worth it, I deserve better, I don't need you, etc." now after saying those things to the brownie I no longer desire it because I do deserve better!"

Choice architecture in action. Sherri also mentioned that that little exercise also changed her grumpy mood!

- Change is influenced by the environment- change your environment and you change your influence.
- Habit is by cue- if it's out of sight, it's out of mind.
- Reminders come in many forms, and you can use a Mindful Mug to remind yourself to be mindful with your meals.
- Change or create a new pantry for yourself, one that doesn't house temptation!

1. Our choices are highly influenced by sight and our daily routine. This is why I highly encourage you to use our tools, all designed to help you keep your healthy habits in check and reach your goals.

Willpower is fleeting and unreliable. It comes and goes. But your environment is constant and dictates your choices and your attitude.

Feelings follow us—we can manipulate them to change by making better choices. It's quite simple and when we know these tricks, we can deploy them with success.

Decide, declare, and decree--this is how we create our attitudes which will absolutely create the quality of life that we will attain. Wake up tomorrow and do that--decide it's your best day ever, declare it to be so and if you're really feeling razzle-dazzle, post it in the Hot Melt Sprint group--let the world know!