

Recently, I spoke about 7 things that help with habit creation. There is a certain flow from desire, to inspire, to fire, and desire is the fire that creates goals in the first place. There is an awkwardness that stems from the unknown- lacing up your shoes for the first time, or your first day in a new class at the gym. You need to remind yourself that it will soon become familiar, and easier in time.

Little hinges swing big doors, and without the hinge, the door doesn't open. For us, desire is that hinge. On Tuesday we spoke about how hot desire plants the seed and waters it, whereas wishful thinking does nothing but frustrate us. Habit is how it happens, but the magic of habit creation is in the details.

Here are 7 things that help reset and create new habits:

Step 1: In order to have a habit, you must have an Affirmation. Find a declarative "I am " statement that describes the life you want to live. For example, some of mine are "I am an athlete," and "I am eating for my body and not for entertainment."

Step 2: Intention creates commitment. Make a mental decision to follow through.

Step 3: Schedule those habits out. Write them down in your journal and make time for them. Treat that time as an important appointment that can't be missed. If you think you don't have time- use our free time-blocking sheet to help you regain those lost minutes throughout the day.

Step 4: Accountability is everything, and those who are accountable are those who get results. A rising tide lifts all boats. Use the Hot Melt Sprint Group to uplift other like-minded ladies, and be uplifted and supported; find a Body Clutter Buddy and be there for each other.

Step 5: Environment vs willpower. Willpower doesn't work, but what does work is setting up an environment that supports the life you want to live. If you want to eat healthily, rid your pantry and fridge of the items that do not support that goal. Now, sometimes your family members may still want to eat Oreos and M&M's. I suggest taking Post-It notes, writing down your goal, and then placing a Post-It note on each item that may be a temptation to you. If you want to lose 15 lbs, write a big 15 on a Post-It note and stick it on the Oreo package. When you open your pantry door, you will be reminded of your goal and you will be able to make an assessment of whether it is worth it or not.



Step 6: Energy flows where your attention goes. Don't dwell in the past. We all fail from time to time, but the important thing is to extrapolate the lesson, add it to the experience file, and move on with your life.

Step 7: KISS! - Keep It Simple and Straightforward. Complexity leads to excuses and makes it too challenging. Piggyback your habits- this is how I get my 4-minute workout in every day. Don't overdo it - just find one habit to piggyback and start there.

It is never one and done. When developing a habit, repetition, and consistency are what make your habits stick. Break up with the abusive cycle in your head- "I can't do it... it is too hard... I am on the struggle bus... etc." You have already told yourself that you can't, and that is simply not true. You have to do disruptive things to break out of that cycle. Track your habit, write it down DAILY, plan, celebrate, acknowledge, and affirm it.

What you acknowledge, you affirm. What you affirm, you do more of.

Invest in yourself by taking your supplements, getting enough sleep, exercising, eating mindfully, and watching your goal become a reality!