

James Clear says the process of pursuing excellence is more important than the results of achieving it.

He also says, "The only way to become excellent is to be endlessly fascinated by doing the same thing over and over. You have to fall in love with boredom."

40-50% of our daily life is HABITUAL. Isn't that mind-boggling?

Think about all the habits you have. Do they reflect the life you want to live?

Sean Covey says your habits will either make or break your life.

1. We all have habits, and it is important to constantly evaluate them and fine-tune them to serve you.

2. You can hack those habits to become excellent. Aristotle said, "Excellence is an art, won by training and habituation." Your system is already in place, what you need to do is identify the bad habits and reverse engineer them. Put your husband's cookies in a different cupboard where you don't have to look at them and be tempted, for example. Excellence isn't the grand moments in life, it's all the little moments of victory along the way.

3. "Excellence is not an EXCEPTION, it's a prevailing attitude." - Colin Powell. It takes 10,000 hours to master something. Anything worth doing is worth doing well and as excellently as you can. Notice the word excellent, not perfect. Don't expect to get it right the first time - give yourself grace when you fall short.

4. We love (and expect) rewards, so use a cue, a routine, and a reward. Break it down:

- Journal = morning ritual done. (it feels good because you've set your day up)

- Mindful Mug = Mindful Meal (it feels good because you were mindful about your eating)

- Skipped snacking = REWARD! (aren't you so proud of yourself?)

5. Commit to excellence. Your environment will either support or ruin you. One of the biggest excuses I've heard over the years is that healthy eating takes too much time. Isn't it an investment in your life, your body, yourself? Decide on what you want in life, and boldly pursue it.