

Have you ever worn shoes that are too big- especially as a child? Instead of having space to move around, you end up getting blisters and sore feet. The same thing happens in life when we give ourselves too much wiggle room. It isn't "just one cookie," or "just a small handful of M&M's." You're setting the precedent for how you will respond the next time temptation strikes.

In physics, escape velocity is the minimum speed needed to escape the gravitational pull of the Earth. For us, there is a minimum amount of effort required to escape the pull of the couch, Netflix, or our phones. It isn't easy, but once we get that new habit established it becomes far easier to continue.

Bad habits keep us confined to the couch- staying up too late, eating the wrong foods, and not getting enough movement in. They keep us trapped and weaken our resolve to even try to escape.

There are 3 phases of New Habit Installation. Once you reach automation or escape velocity, you can start to divert your energy into other things. Once eating right becomes a habit, you can spend less time focusing on your meals (because you already know what to do), and more time focusing on your movement and exercise. It is a gradual process of changing one thing at a time, each one in line with your vision of a vibrant life.

1. First, make a decision to DESTROY the bad habit. Be convicted and committed to this goal. Take out the trash first before attempting to "Spring Clean" your life.
2. DEPLOY the new habit. Be strategic, deliberate, and intentional in your goal setting. It may be overwhelming at first, and you might feel like you are falling apart before you pull it together, but stick with it. Imagine you're redoing your kitchen. You would first need to remove all the old cupboards and dated appliances before installing the new ones. There will certainly be a time in the middle when you look at your dusty, empty kitchen and wonder if you'll ever be able to use it again, but you don't stop construction. No, you keep reminding yourself that it is temporary and you picture those gorgeous new countertops and shiny door handles that you picked out. Do the same thing with your goals. "See" your outcome- visualize it- and use it to get you through the messy middle.
3. ENJOY it. Revel in your newfound ability to make decisions based on a commitment and not on how you feel. Success begets success. If you do it with the first habit, you can do it with the next. Make a big deal out of it every time you do the right thing. Tell your Body Clutter Buddy, write about it in your journal, and celebrate it!

We see a caterpillar turn into a butterfly and we assume that he just goes into a chrysalis to grow wings. Instead, he digests himself and turns into caterpillar soup. Slowly but surely, the cells start to regroup and form eyes, legs, wings, antennae, and all the other parts of a butterfly. Our transformation is similarly destructive before it becomes constructive. We must break away from the habits that keep us confined, and then slowly start building new habits that will help us fly.