



**3 SECRETS TIPS TO ACQUIRE &
MAINTAIN NEW HABITS**
YOUR GUIDE TO SUCCESSFUL CHANGE



We are what we repeatedly do. Excellence, then, is not an act but a habit."

Aristotle

There are reasons why we do things the way we do them and they are deep seated in our biology (or neurobiology to be more precise). We are the product of thousands of years of evolution and our normal instinct is one of preservation - as a result, we fear or avoid everything that is "unknown" as being a potential risk to us. Thus our preservation instinct is the first thing that will keep us locked in our habits and routine - what is commonly call our "comfort zone". That's the way we have been thought to think and do things and for most of us, we've never really questioned most of it (although it's often anything but comfortable!). So we often do things out of acquired habits, whether they are good for us or not.

In addition, as we develop from babies to adults, connections also form in our brains. Those connections result from repetition. This can be our repeated exposure to our parents' behaviours that we eventually internalise as our own. It is also the result of our exposure to various messages and beliefs ranging from what we are taught at school, to the norms of our society or religion. All of it builds into our "internal archive" which in turn becomes the rules that dictate how we act subconsciously. In other words, we do not think about those things anymore, they just become part of our default "programming".

This leads me to our habits and patterns...

Habits and patterns are also things that we do mostly because we've learned to do it this way and have come to internalise it. Understanding this is the key to understanding how to change a pattern or habit - it all comes down to internalising the new behaviour and like our current habits, it starts with repetition!

Indeed, the brain forms connections as we develop yet it continues doing so throughout our life and this is where the magic happens. In technical terms, it's called brain plasticity and it's the capacity of the brain to rewire itself (e.g. to make new connections) thereby internalising new habits. But brain rewiring is not something that happens overnight and so there are several things you can do to be more successful at acquiring and maintaining new habits.

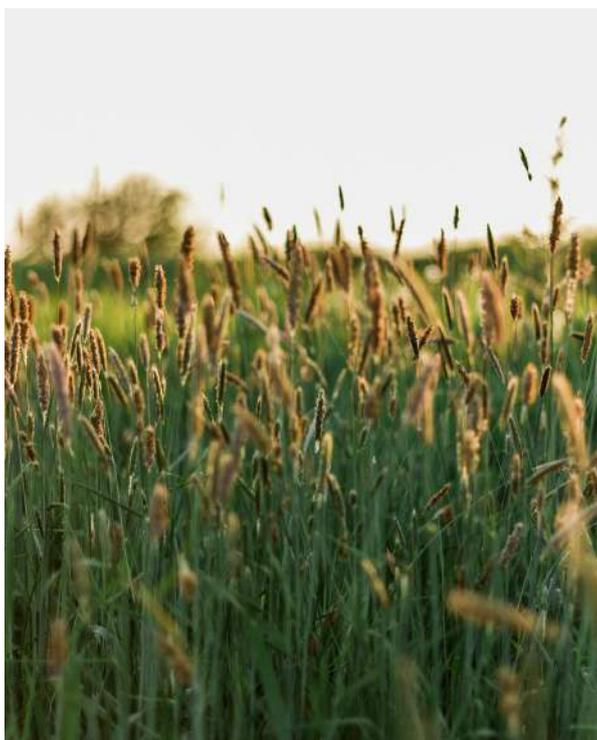
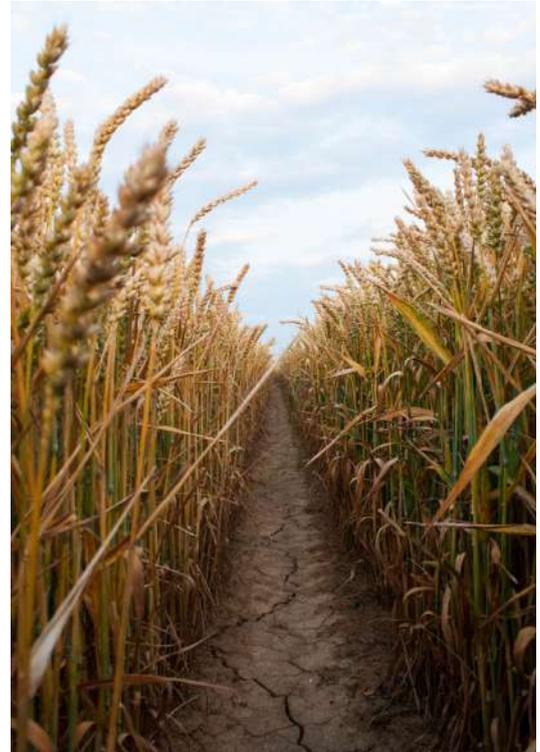


The wheat field metaphor...

Your habits are like a neat path in a dense field of wheat...

If there is a clear path across a field, one that your older siblings have taken time and again to go to school, so often it cleared all the weed along the path. When you start school, they tell you that's the way to school and you go along. You will take the same path and not question whether it is the best one or not - it will just be the default one. And as you walk it everyday, it will become yours as well.

Now one day, you decide to explore other ways to get to school. You realise that the path goes uphill and zigzags while walking across the field would actually be much shorter AND flat. So you decide to try that new "habit" and on the first days, you'll have to beat your way through the knee-high weeds, you'll get to school as sweaty or even more than with your usual path and you'll probably get there later and all dirty. Your instinct would be to go back to the clear path as at first sight it seems so much more "comfortable". That's when you are likely to just bounce back to your default comfort zone and habits...



Acquiring a new habit is like tracing a new path in the wheat field

Habits and patterns can be hard to get rid of because, just like the path in the field, the usual path is easier (at least at first sight) and so much more obvious that we default back to them. Acquiring a new habit is therefore is like walking often enough on the new path to get the weeds to start clearing up, while the old path will gradually start being covered again with the weeds. That is when your new habit starts becoming a new pathway in your brain. It is the turning point when you start anchoring that habit into the "default one" and the new path eventually becomes more obvious than the previous one.

And like the path in the fields - this takes time and perseverance because beating your way through the bushes will not be easy at first but if you persist - you'll eventually create that new path and see the benefits.

THE 3 SECRETS TO NEW HABITS



So, by now, you are probably thinking "Ok, got the point, but what am I to do in order to develop that new habit and make sure it sticks?" Well here it is!

#1 COMMIT TO WHAT YOU WANT TO ACHIEVE

There is no way around having to show a bit of discipline in the first stage of developing your new habit BUT there are many things you can do to make the discipline easier

Select a goal that has a strong pull

Moving "away" from something or restricting a certain behaviour will not be motivating enough to keep you going. Find what's in it for you at the end - the benefit that will make you look over the potential challenges and keep going. Make it so appealing it will be a non-negotiable.

Visualise and feel the benefits with your whole body

Make the appeal of your goal even more real by visualising your success and tuning into your body to see how it feels - this will activate your neuronal pathways, lower your natural resistance and set your brain in the right gear.

Patience and persistence

When it gets more challenging to stick to your goal, make sure your rational brain is in the lead and sets the focus on the end benefits. You may not see or feel them yet but trust they will come and in the interim focus on the small wins each day you tick a box towards your goal.





#2 BE MINDFUL AND FOCUS ON THE BENEFITS

Being mindful of and appreciating the benefits of your new habit will help you maintain your motivation.

Focus first on the small wins and progress

Any new habit will feel clumsy at first but you will quickly see a progression from the initial discomfort of your first attempts. At first, track your small wins and focus on the improvements you made since you started as opposed to compare where you are to your end result. Build up the small wins to fuel your perseverance.

Be mindful of the benefits

Being mindful will help you notice the benefits as they start kicking in, it will help your motivation while at the same time help you accelerate your brain rewiring. You will soon begin to anticipate the positive feelings and look forward to them which is when you are close to reaching the turning point.

Remain persistent after you start seeing results

The more you focus on the benefits and pay attention to them fully, the faster you will internalise them and build them into your new wiring. But remember - habits come from repetition and now is not the time to give up!





#3 FIND A MODEL

Asking high achievers and successful people how they got to their results, the great majority of them will mention role models, mentors and people that have influenced them. And there is a good reason for this - the best way to change your habits is to model what you want to replace them with!

Have a model and vision for what you want to achieve

In order to accomplish something new, we need to know how to actually do it. It's the same as having a clear plan of action behind your goals except here you will have a model that will show you exactly what behaviour needs to replace the old one, the clearer the target and "how to" the higher your chances of success.

Get inspired and learn from your model

Your models are generally people you admire (or you at least admire some things they achieved) and they represent an ideal that you can leverage. Observe their behaviour and use it as guidance for your goal. Learn from them and get inspired.

Visualise

Think of your model and their achievements and build this into your visualisation, the more clearly you visualise what you want to achieve - not only the benefits and how it will feel but also how the end result looks like and how to get there and your brain will be that much more empowered to get you there.





There is Nothing more Powerful than a Woman with Harmony, Self Belief & a Passion!

If you find yourself at a personal & professional crossroad, this is your opportunity to build the career path that will allow you to thrive and find fulfilment without sacrificing your personal and family life.

If you are ready to make this your reality and would like to discuss how I can help you thrive in your professional life while still having time and finances to enjoy your personal life - visit my website to book a free discovery call:

www.catherine-leduc.com

or email me for more information:

info@catherine-leduc.com



Before becoming a certified NLP & RSCI coach, Catherine spent nearly 20 years working in senior strategic roles for the pharmaceutical industry holding various consulting roles in which she advised on marketing strategy, portfolio management and product development. She also developed primary market research and consulting services for an Indian-American company based in Gurgaon/Delhi, India. As a self-employed consultant, she helped several start-up biotech companies in their early stages with strategic planning and financing. She has lived and worked in America, Europe and Asia and has extensive experience managing multi-disciplinary and cross-cultural teams across the world.

Despite a stellar career, Catherine had to overcome many struggles. She fought with repeat burnouts, found herself torn apart as a stay-at-home-Mom in a foreign country and later returned to a very senior role trying to juggle family life with a demanding job involving monthly commuting to Asia. Ultimately she lost her position while on a prolonged maternity leave which prompted her to become an advocate for women equality and focusing her career on helping women finding themselves at career crossroads.

Her passion and mission is to empower women to build a professional life that gives them satisfaction and fulfilment and allows them to thrive without sacrificing their personal and family lives and giving them the time and finances to enjoy their passions.

