

Badass Habits – Jen Sincero

A main reason we don't stick to habits is that the focus is primarily on the action, and not enough on the emotional and mental aspects. (4)

Focus on head, heart, and hands. (5)

Key Elements of Habit Creation:

1. **The Trigger** – Cues to the brain that it is time to perform a habit.
2. **The Sequence** – Problem-solving on autopilot lightens the load for the brain.
3. **Repetition** – Well-worn paths.
4. **Ease** – Easier a function is to repeat.
5. **Patience**
6. **Identity** – Half of all daily functions are habitual (21).

Habits are more than actions. They are also beliefs, thoughts, and words that inform the way we perceive the world and mold identities. We fail to succeed with habits if we don't embrace it as a new and valuable part of our identity. Anchor your habit. (23)

Human being + Being Right = I am Safe (25)

Change dismantles the known. (26) Change requires awareness. (29)

Assess your habitual patterns: Words; Thoughts; Beliefs; Feelings; Repeated Actions. (34)

Healthy boundaries = owning your actions, emotions and needs and *not* owning those of others. (45)

Healthy boundaries are critical for the development of new habits, because it requires an anchoring so you aren't derailed by time structured from outside forces, negative feedback, or attention consumed by a need to control others. (47)

Boundary areas: Body, Stuff, Beliefs, Behavior, Space, Emotions, Time, Availability, Energy (53)

Boundary confusion: 1. Too much Yes; 2. Too much No; 3. Too much Control (trying to control others or allowing others to control us) (57)

Defining who you are and what you're available for isn't selfish but rather it's self-ish. (59)

Making changes to who you are can upset those in your world, because:

1. They no longer get to be right about who you're becoming.
2. You've gone from a known entity to a new, unknown entity, and people fear the unknown with the same zest they have for being right.
3. You're showing them that change is possible.
4. In order to shift who you're being and own the new you, you have to basically kill off your old identity, and people get unpleasant when you kill people they love.

5. People can become disappointed if they are accustomed to getting what they want and now you are starting to stick up for yourself. (62)

Too much Yes: Assess if you are saying yes when you want to say no: Take stock of your needs; Deal with your fear; Own your no; Know who trips you up the most; Practice in a safe place; Learn the language of no [make it about you, not them; use direct language that gets straight to the point; give yourself a cushion] (71).

Too much No: If you err on the side of saying no, consider if you are concerned that people will see our weak, broken, needy, burdensome side. Is there a fear of seeking love and getting rejected? Take stock of your needs; Deal with your fear; Own your yes; Know who trips you up the most; Practice in a safe place; Learn the language of yes [Be the star of your own life and a supporting member of other's; speak your mind, articulate your needs, accept that communication is work] (80).

Too much Control: Controllers come in many forms: manipulate, guilt-trip, seducers, wear others down, refuse to hear 'no', inserting inappropriately into the lives of others, masking control as helpfulness or friendship. Take stock of your needs; Deal with your fear; Own your surrender; Know who trips you up the most; Learn the language of surrender [silence, listening, learn to speak and listen to more than just voices] (86).

A trigger can be a reminder to have a quick internal monologue. (89)

To create an effective plan, think of five: 1. Good habits you've always had; 2. Intentionally created or ditched habits, 3. Upgrades you'd love to make. This is done so we can believe in our ability to change and make positive choices. (93) Belief is a muscle. (94)

Select one habit to cultivate or remove. Consider the desire driving you to make this decision and ensure you're making the wisest choice possible. (97) Think about the most successful way you can design that habit to reflect your desires and image all the details of how achieving this habit will feel. Connect with the emotions that your desire to be this new person calls up. Make this journey you're on much bigger than the new habit itself. (98)

Decide to embody the identity that represents the desire in your heart. Get clear on what will happen if you decide to pretend you can't hear your heart; lay out the specifics. What are the consequences? Think about all you desire, not what you think you should desire, or what anyone else tells you that you should do. (103)

Reminders to yourself: Anything worth upgrading in your life is going to be challenging or else you would have already upgraded it. (104) Pay attention to what works best for you so you can use it again and again. (107) Crowd out an old bad habit by creating a new behavior that doesn't allow the old behavior to coexist. (111)

Come up with a mantra for the habit you are creating. (117): 1. Write down 3-5 of the most loaded objections, 2. Write the opposite of those negative beliefs that hold meaning to you, 3. Brainstorm positive mantras where every word counts, 4. Write in the present tense, 5. Keep it short.

When you're quitting a bad habit, create as much friction and lack of ease as possible. (129)

When introducing a new habit, attach it to a positive one that already exists. (135)

Roadblocks: Beware of negotiations: awareness, speed, and zero tolerance are needed here. Move on immediately. (141) Think about the habit you're working on and write down every single thing you can think of that you might do to throw a banana peel in your path and block your ability to participate. (145) Upgrade your four environments: Human Environment; Physical Environment; Spiritual Environment; Emotional Environment (158)

Create rituals that bring purpose, renewal, ceremony, and celebration. They help you focus on and engage more deeply with what you're doing. (162)

Focus: 1. Commit to finding things in your environment that reinforce your new identity; 2. Focus on the fact that you're doing yourself a favor rather than feeling like you're denying yourself something; 3. Keep track of how it feels when you enjoy your habit; 4. Pull back and focus on the bigger picture. (170)

Chunk down time. (173). It's not the size of the chunks that matter, it's the fact that the time is taken seriously and you won't budget. Tiny moments determine if we are successful or not. (174) Consider these moments "just" [just one mile walk; just go to bed 30 minutes earlier, etc].

Instead of opting out, use the impulse/trigger/longing to create positive reminders of where you are heading. (178) Where you choose to place your focus determines how you perceive reality. (180) Your words anchor in your reality. (185)

Confidence means to confide in yourself and trust your own strength. (189) 1. Let your body lead your mind (e.g. posture); 2. Act as if you're confident; 3. Compile proof; 4. Practice; 5. Make it about serving others; 6. Surround yourself with cheerleaders; 7. Remember that everyone is figuring it out. (194)

Create deadlines for all new habits, and announce the deadline to hold yourself accountable. (198)

Make room for gratitude and grouchiness. (202) Practice being grateful that you get to make conscious choices, that you've experienced temporary failure so you could learn from it. Be grateful for the person you're becoming so you stay motivated and defy boredom. (205)

Think about the lives you'll impact by becoming a better version of yourself. Use your natural generosity to anchor in your habit and stay on track. (209)

Success favors the stubborn: 1. Anticipate and defuse the discomfort; 2. Practice patience. Stay aware of your impatient words; conversely stay aware of declaring victory too soon; (217) 3. Find a tool; 4. Fine-tune the friction. Determine ways to make the new habit easier; 5. Make struggle your pal. (219)

Surrender: Release the need for control. Unhook from negative energy. Do the delicate dance of taking action while also remaining detached from the outcome by: 1. Acting as if (Confidently assume that of course you behave this way because it's who you are.); 2. Practice gratitude; 3. Practice trust and letting go (Control is fear. Surrender is faith); 4. Practice meditation.

Get clear on the specifics of each daily exercise that helped you stick with the new habit.

