

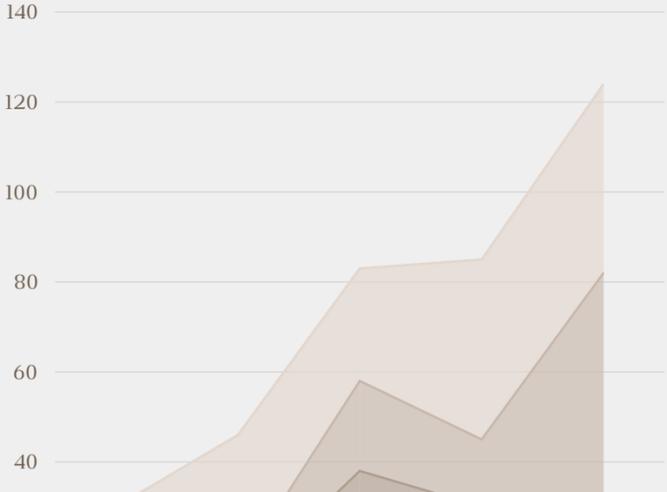


How to Form New Habits that Last

**Presented by Stephanie Reck, LMSW, LBT, BCCC
Life Coach, Counselor, Author & Speaker**

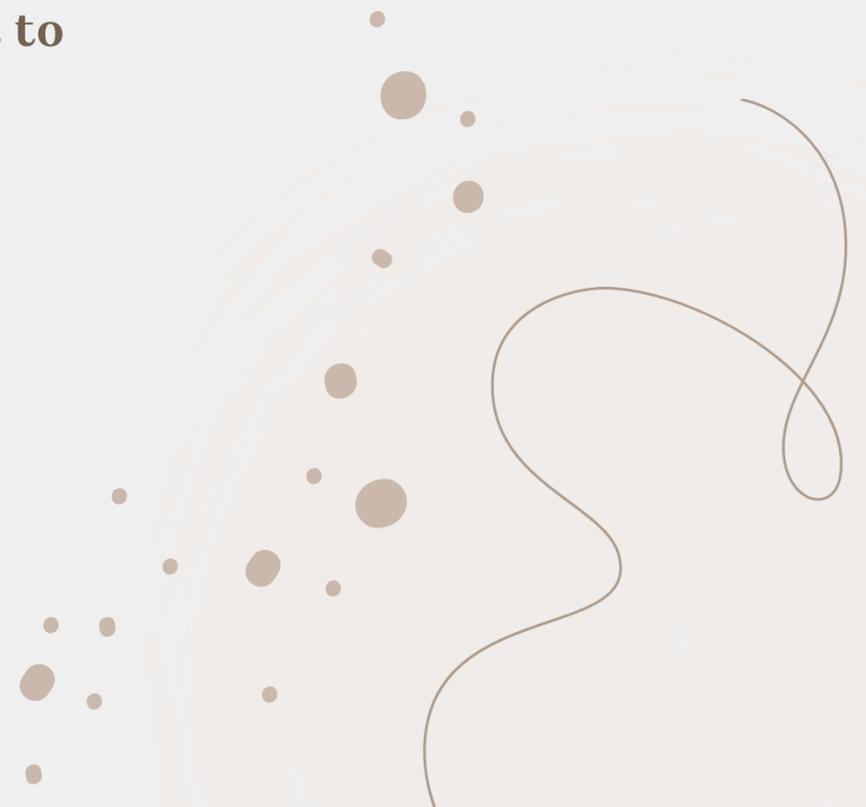


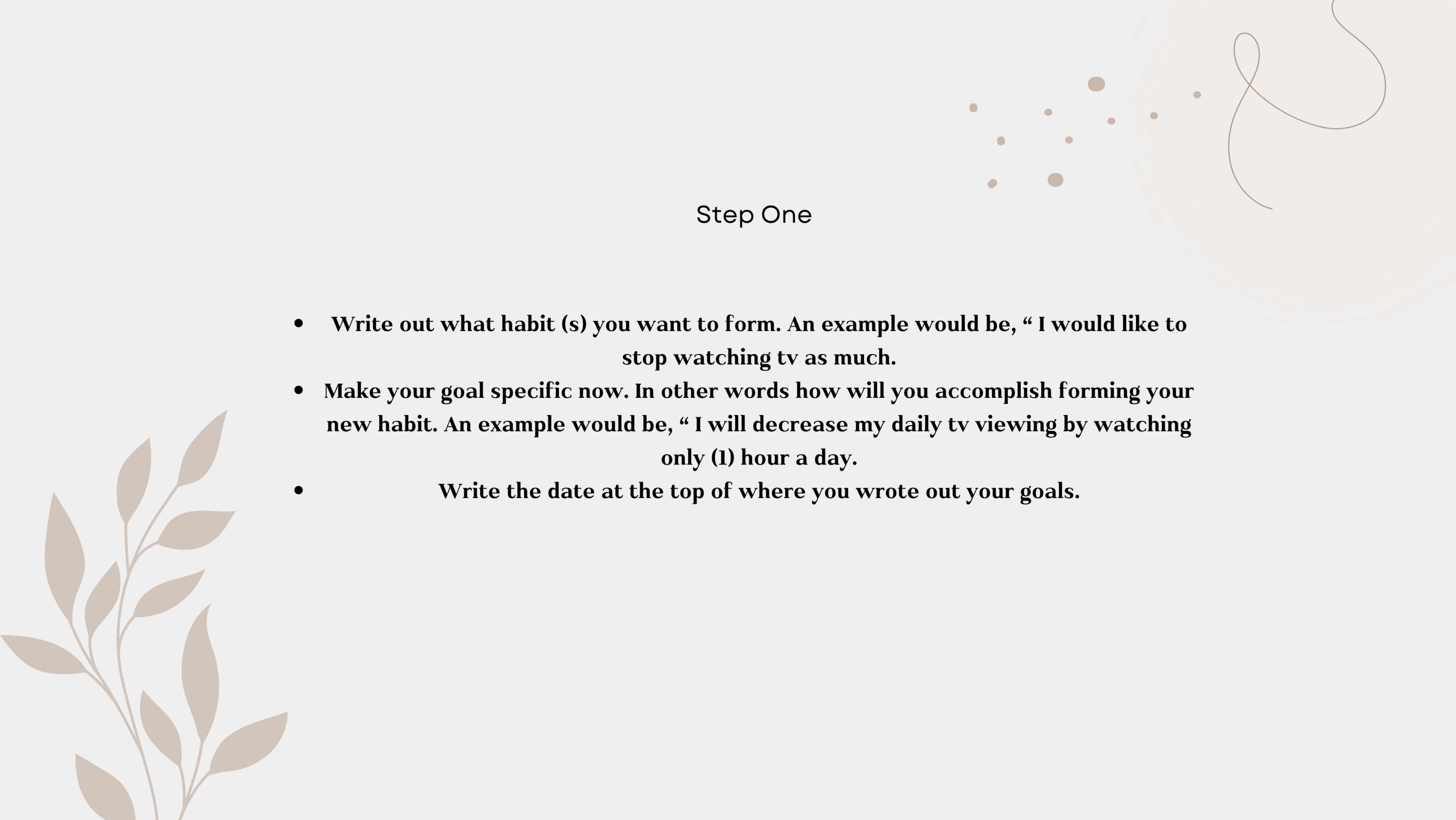
Experts say it can 21-30 days to form a new habit. It oftentimes can take much longer. This is the #1 reason people quit before seeing success in forming new habit.s





Overview

- **What would you like to make a new habit in your life? Exercising, watching less tv, spending less, or perhaps disciplining your mind.**
 - **Maybe you have tried before to form new habits, but was unsuccessful.**
 - **Would you like to learn how you can be successful at whatever habit you want to form.?**
 - **The first step is making a goal (s) for what you want to accomplish.**
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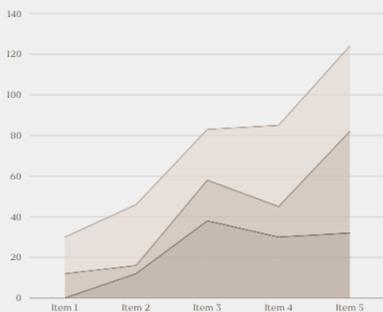


Step One

- **Write out what habit (s) you want to form. An example would be, “ I would like to stop watching tv as much.**
- **Make your goal specific now. In other words how will you accomplish forming your new habit. An example would be, “ I will decrease my daily tv viewing by watching only (1) hour a day.**
- **Write the date at the top of where you wrote out your goals.**

Step Two

- **Remove obstacles if possible to you achieving your new habit. For example, if my goal is to decrease my tv viewing, I might cancel a streaming service that I have, or give the remote to my tv to someone in my family and tell them to hide it from me.**



Step Three

- **Visualize yourself achieving your new habit**

No, we are not doing any “new age” practice here. We are simply using our God-given created minds to think and see ourselves at a better state. We have the ability to create in our minds first what we are wanting to accomplish, mix that with faith in God to help you and you will be able to successful.

As a man thinketh in his heart, so is he. Proverbs 23:7

- **My personal example of visualizing myself forming a new habit of running.**

About 5 years ago, I had a desire to begin to run. The problem was that I had never ran a day in my life. I first set my goal for this, and that was to run the entire ways over and back a bridge that was near my house. I began seeing myself not only running, but running without huffing and puffing across the bridge. Within 4 months, I had accomplished that goal.

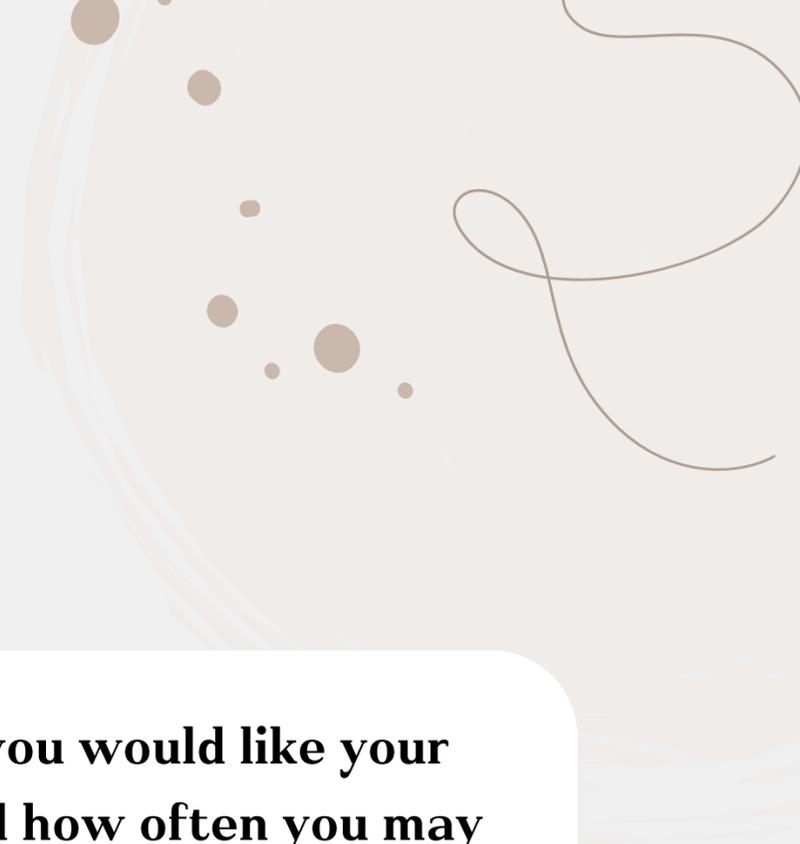
Step Four

Use small rewards to motivate you.

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Write out what you would like your rewards to be, and how often you may need them.

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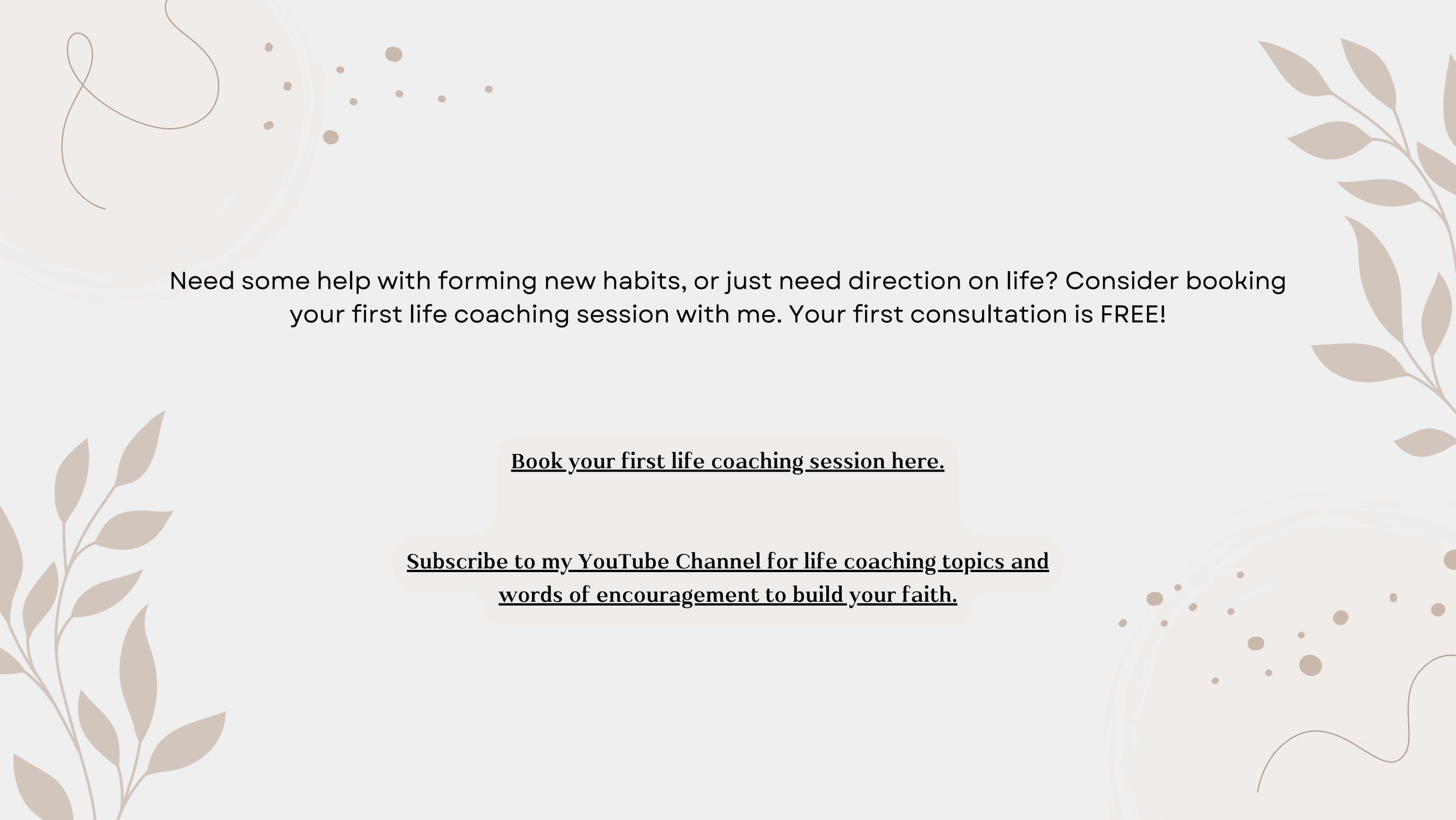
Step Five

Review your goals that you made for achieving your new habits every 30 days.

Modify, change, or remove what may or may not be working in forming your new habits. Continue until you have been able to form your new habit. After you form your first new habit, you will be ready to add another new habit you would like to make. There is really no area in your life that you can get disciplined in.

The secret to this success is forming one new habit at a time. Unless you can stack similar habits, such as eating healthier and exercising.





Need some help with forming new habits, or just need direction on life? Consider booking your first life coaching session with me. Your first consultation is FREE!

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