

## The 6 Different Influences That Can Affect Your Ability to Make New Habits

	Motivation	Ability
P E R S O N A L	<p><b><u>Personal Motivation - Love What You Hate</u></b>  <b>Visit your Default Future</b>            (With no change, what would life look like in 5, 10, 25 years?)            (Who is someone you know who you might look/feel like?)</p> <p><b>Tell Yourself the Whole Vivid Story</b>            (What story are you telling yourself? Any lies in that story?)            (What true consequences will result from your actions?)</p> <p><b>Use Value Words</b>            (What higher principal or value are you exercising?)</p> <p><b>Make it a Game</b>            (Design a game that works for you!)            (Time limits, small challenges, scoring.)</p> <p><b>Create a Personal Motivation Statement</b>            (Remind yourself of your why.)            (Post images that drive you.)</p>	<p><b><u>Personal Ability - Do What You Can't</u></b>  <b>Start with a Skill Scan</b>            (What skills do you need to conquer this goal?)            (What skills or knowledge do you lack?)</p> <p><b>Employ Deliberate Practice</b>            (Practice for Crucial Moments when you might slip up.)            (Break the skill into small pieces.)            (Practice each skill in short intervals.)            (Get immediate feedback against a clear standard.)            (Evaluate your progress.)            (View setbacks as data, no need for emotional breakdowns.)            (Use data to prepare for the future.)</p> <p><b>Learn the Will Skill</b>            (Practice, practice, practice!)            (Remember, it is not a character trait! Growth Mindset.)            (Map out your day and identify your weak zones.)</p>
S O C I A L	<p><b><u>Social Motivation - Turn Accomplices</u></b>  <b>Know Who's a Friend and Who's an Accomplice</b>            (Accomplices entice and enable your unhealthy behavior.)            (Coaches are willing to teach, are positive, and know the skills.)            (Fans stand on the sidelines and cheer you on.)            (Have more coaches and fans than accomplices.)</p> <p><b>Redefine "Normal"</b>            (Measure yourself against healthy and realistic norms)            (How do <u>you</u> want to live and feel?)            (How do <u>you</u> want to be?)            (Ignore people who justify their own unhealthy behavior.)            (Call it like you see it. Write down your own view of normal without others' influences.)</p>	<p><b><u>Social Ability - Into Friends</u></b>  <b>Hold a Transformation Conversation</b>            (Simply ask others for their help.)            (No mind readers. Tell them exactly what you want and need.)            (Kindly explain their unintentional role in your unhealthy behavior, whether good or bad.)</p> <p><b>Add New Friends</b>            (Find people who share your goal.)            (Find people who are interested in offering you support.)            (Hang out with them to help you see the new "normal.")            (Engage them as coaches or fans.)</p> <p><b>Distance Yourself from the Unwilling</b>            (This normally happens naturally and painlessly.)            (Start hanging out with fans and coaches more and accomplices less and less.)</p>
S T R U C T U R A L	<p><b><u>Structural Motivation - Use Incentives</u></b>  <b>Use Carrots and the Threat of Losing Carrots</b>            (every time you hit a goal, reward yourself.)            (put something you value at risk, lose it if you miss a goal.)</p> <p><b>Use incentives in moderation and in combination</b>            (In moderation: let small rewards work their magic.)            (In combination: mix it up)</p> <p><b>Reward Small Wins</b>            (set short-term goals and small rewards along the way.)            (reward your actions, not your results!)</p>	<p><b><u>Structural Ability - Control Your Space</u></b>  <b>Change your Space</b>            (Eliminate distraction and temptations.)            (Redesign your space to support new habits.)</p> <p><b>Build Fences</b>            (Set up unbending rules and boundaries for your goals.)            (Make sure you're the one who builds and maintains the fence.)            (Don't use a fence as your whole plan: build skills too!)</p> <p><b>Manage Distance</b>            (Put helpful things close and convenient.)            (Make harmful things distant and difficult.)</p> <p><b>Change Cues</b>            (Place reminders where you will see them in crucial moments.)</p> <p><b>Engage Your Autopilot</b>            (Make good choices the default of life)            (Pair hard habits with easy habits that you already do regularly.)</p> <p><b>Use Tools</b>            (look for apps and equipment to support and motivate you.)</p>