

How to make a better habit

To become healthier we need to design our daily life around the habits that build a healthier body, a healthier spirit, healthier relationships, and healthier mental habits.

The first part of this process is to get clear that we are going to need to change some habits and let go of outdated patterns. Many of the patterns are unconscious. The process of making the unconscious conscious and purposeful is the practice of yoga.

Learning how to build better habits into your daily routines is a good time investment and guarantees your success in becoming healthier.

The science and strategy behind habit change can give us the tools to become the kind of person who has the habits of the person we want to become!

Let's get started.

A habit has 3 parts:

1. Reminder (cue, trigger that initiates the habit)
2. Routine (the habit itself)
3. Reward (the benefit from the habit)

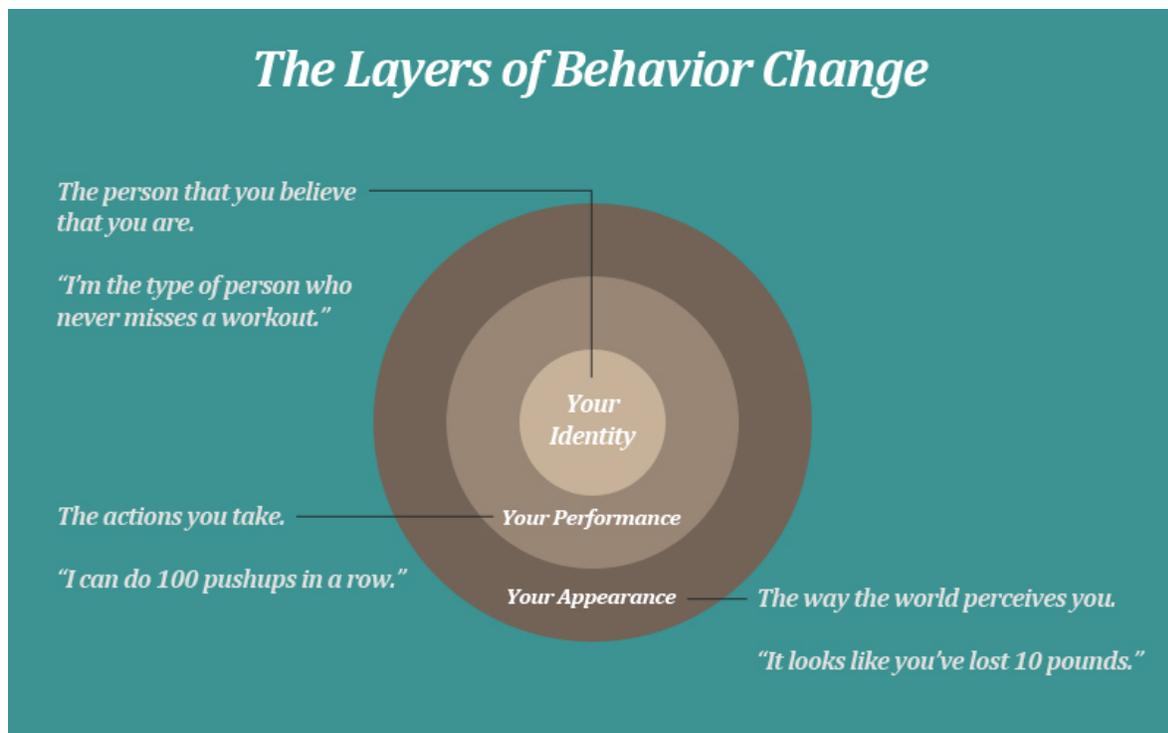


All habits form by the same 3-step process. Here's an example: the traffic light turns green, you drive through the intersection, you make it closer to your destination. Reminder, routine, reward. (Graphic based on Charles Duhigg's "Habit Loop" in *The Power of Habit*. Created by [James Clear](#).)

Your Habits Reflect Who You Are

“The key to building lasting habits is focusing on creating a new identity first. Your current behaviors are simply a reflection of your current identity. What you do now is a mirror image of the type of person you believe that you are (either consciously or subconsciously).

To change your behavior for good, you need to start believing new things about yourself.” James Clear



with permission from: <http://jamesclear.com/identity-based-habits>

Identity Evolving Worksheet

When we change our habits we... change! This change is a fundamental change to our identity. If we don't know who we're desiring to become, we are much less able to change our habits. We become much less able to sustain the habits of the person we are desiring to evolve into.

Use this worksheet to drop deeply into who you are becoming.

What kind of person do you want to become?

I want to become the kind of person who

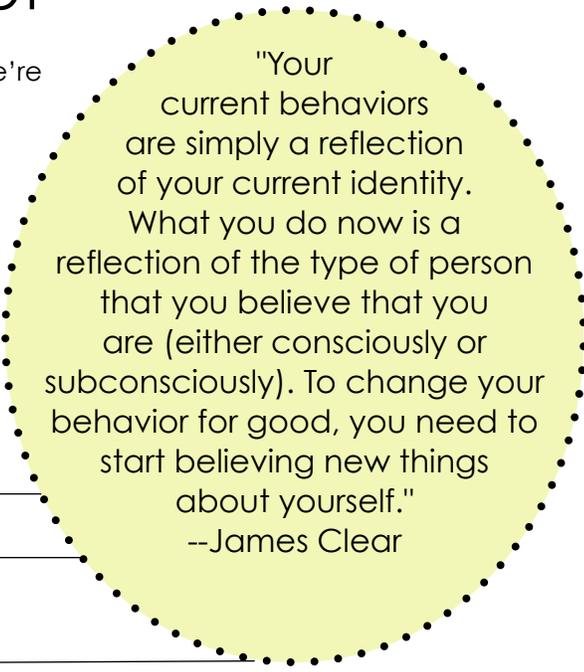
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Who is like the person you are describing? (real person, historical or fictional characters)

Once you've filled out this worksheet, put it somewhere you will see it regularly. Remind yourself of who you are becoming.



Obstacles + Strategies Worksheet

for Earlier, Lighter Dinners

What obstacles are between you + an earlier, lighter dinner?

Write them down as they arise. Bring your obstacles to class and write down the suggestions you receive that seem like a good fit.

Obstacle 1:

Strategy 1:

Obstacle 2:

Strategy 2:

Obstacle 3:

Strategy 3: