
DAY 3

60 Second Habits

Today's action:

Do your habit you chose yesterday.

Today's lesson:

The quick, 60 second habit building guide.



The 60 Second Habit Building Guide

Now, first of all, understand that we cannot cover every aspect of habit building in this 7-Day Action Plan.

So what we'll do is give you the short and sweet version while helping you stick to your first habit.

Basically, building habits/behaviors is a systematic process that takes some time.

But when you break it down, it's all about these 4 steps:

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Step 1: Decide on a habits/behaviors you want to build.

Step 2: Begin by taking the smallest of steps; for instance, if you want to wake up early, start by waking up 10 minutes earlier for a week then increase the time until you wake up at the time that is most suitable for you.

Step 3: Create some accountability for your habit. This is extremely important and the part where most people fail.

Step 4: Reward your milestones. This does not mean cheat days! What it means is rewarding yourself with something that further compliments your journey.

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So maybe getting yourself a better fitting t-shirt (assuming you lost a good amount of weight), or maybe rewarding yourself with a brand new bike, or maybe even getting yourself into that swanky new gym to improve your results and move towards the next milestone!

So those are the only 4 steps you need to know for now.

Let's see them one by one.

Step 1: Choose the habits, behaviors you want to build.

Ideally, you want to choose a habit that will directly help with your weight.

Meaning, choosing a 'passive' habit like sleeping more/better, meditating, or even reducing stress WILL help, but only when you have your nutrition and (any) activity under control.

Whereas an active habit, something to improve your nutrition or exercise will show you results almost immediately (in a few weeks).

So choose from either one for now.

We'll have a look at some sample habits tomorrow and you can choose from them.

But for now, let's see...

Step 2: Begin With Baby Steps

Two lumberjacks are cutting down trees in a forest.

Day after day, the first lumberjack cuts down almost double the amount of trees. One day, the under-performing lumberjack asks his friend how he manages to cut down as many trees, and wants to know what he can do to become as strong as his friend is.

The first lumberjack replies that he is no stronger than his friend, but each morning before cutting trees he spends an hour sharpening his axe blade.

This, he says, is the secret to his success.

Habit changing is much like cutting down trees.

When you see someone who succeeds in a change, it is easy to say that they have more willpower or strength than you do.

But usually the difference is that the other person, often without realizing it, did some serious sharpening before he started.

Your first few weeks with a new habit are like the hour the man spent sharpening his blade before cutting trees. They may seem insignificant when you keep a habit for months or years, but they account for most of your results.

Properly executed, the first few days/weeks are the most important aspect to making a habit stick.

And guess what...

We've found that discipline is almost never the limiting factor in making it the full 30-day streak.

Instead the most common reasons you'll quit after a week or two are:

- **Loss of interest** - often when you start a boring habit (drinking more water).
- **Forgetfulness** - many people simply forget they started a habit!
- **Starting BIG** - *"I am gonna workout 2 hours every day starting now!"*
- **Unforeseen obstacles** - some life altering event. Very rare for most people.

When I (Amod) was early on in learning the skill of changing habits, I decided to start the habit of working out every day, for at least an hour.

Result: I started so big, it got too difficult in a few days itself. Body aches, fatigue and a sense of doom when the dreaded hour crept close every day.

Fortunately, with a bit of common sense and planning you can avoid many mistakes like that.

You need to baby step your way.

This is especially true for every person that makes New Year's resolutions and never gets them done.

The most common New Year's resolution is of course, lose more weight. But nearly 9 out of 10 people that proclaims that never

accomplishes it.

The reason behind this is simple, they make it too big immediately.

They want to change their current behavior of eating horribly, not going to the gym, not drinking enough water etc... **overnight!**

With a similar mentality, you set yourself up for failure almost immediately.

Very few people can stick to something that is difficult in the beginning.

Let's say you want to ultimately be able to go to the gym 5 days a week and work out at least for 30 minutes.

A great habit, so I would put together a schedule something like this (we saw this before, remember?)...

Week #	Mon	Tues	Wed	Thurs	Fri
Week 1	1 Min	1 Min	Rest	1 Min	1 Min
Week 2	2 Min	2 Min	2 Min	Rest	2 Min
Week 3	3 Min	3 Min	Rest	3 Min	3 Min
Week 4	5 Min	Rest	5 Min	5 Min	4 Min

Week #	Mon	Tues	Wed	Thurs	Fri
Week 5	6 Min	Rest	6 Min	6 Min	5 Min
Week 6	8 Min	8 Min	Rest	8 Min	7 Min
Week 7	9 Min	9 Min	9 Min	Rest	9 Min
Week 8	10 Min				
Week 9	12 Min				
Week 10	14 Min				
Week 11	16 Min				
Week 12	18 Min				
Week 13	20 Min				
Week 14	22 Min				
Week 15	25 Min				
Week 16	30 Min				

The first week, you exercise for a crazy 1 minute!

Sounds silly, but that's the point. You make it so small that it seems insignificant.

And it is!

The whole point of starting crazy small is - you're training your sub-conscious mind to just DO that thing!

Your sub-conscious mind does not know *"you are working out and it's great for you"*, all it knows is you're putting your body under stress.

So it'll do everything in its power to stop you, remember the negative thought process we saw earlier? That's what's happening here.

However, when you begin crazy small, before your sub-conscious mind even senses trouble, it's over.

Step 3: Create Some Accountability

What this simply means is you need to have some sort of control, a force over you to continue your habit streak.

This could be writing down what you did every day, or using a habit tracking app, something, anything that will make sure you keep doing your habit, however small it may be initially.

We don't have much time here to go into the details, but remember to create some form of accountability that will hold you to your 'habit promise'.

Step 4: Reward Your Milestones

This is important for two reasons.

1. It's a visual reminder of where you stand today, the progress you made since you started, and,
2. It serves as a great stepping stone to further challenge yourself for an even bigger reward.

Also, as we said earlier, this shouldn't be a negative reward.

You don't want to 'reward' yourself with some bad/cheat foods or something you used to have/do before you started this good habit.

That simply tells your subconscious mind that what you are doing right now is BAD, and you are only working to get the "GOOD" reward! The whole 'inner story' changes in such a scenario.

So what I suggest is rewarding yourself with something that helps you nurture your habit and take it a step ahead.

How about:

- A better fitting t-shirt.
- A new bike.
- A new gym membership.
- New dumbbells, sneakers, equipment.
- A new punching bag (seriously).
- A new smoothie maker.

Get the point? We think so.

And... that's it for today.

Tomorrow, we'll see the drawbacks of a common thing that happens whenever women see their first fat loss results.

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