



Thometz Life Coaching

Do You Have Good Habits?

Developing good habits helps you to be successful in any aspect of your life because they don't require you to have willpower. You do what you're supposed to do because you made a rule about it and you always follow the rules!

If you are going to try to develop some good habits, I highly recommend you read the book, *Better Than Before* by Gretchen Rubin. I've created a synopsis of the book and worksheets that can help you on your habit-forming journey.

"Make sure that what makes you feel good doesn't make you feel bad."
Gretchen Rubin, *Better Than Before*

"Perhaps what makes you feel bad might make you feel good."

Habit: a settled or regular tendency or practice. Can be good or bad.

In order to develop good habits and eliminate bad habits you need to know *what* those are and *who* you are!

Who Am I? (circle one)

1. *Morning Bird or Night Owl*

If you're a night owl, a morning exercise program probably won't work. If you're a morning bird a before bedwalk with your spouse may be too ambitious to be successful.

2. Which of the four tendencies are you? (Gretchen Rubin)

To develop new habits you need to work with who you are!

Upholder: *"What's on the schedule and the to-do list today?"* Meets inner and outer expectations - *This* means you will do that exercise program at home that your doctor prescribed and you'll meet your outside commitments even if they are created by you.

Obliger: *"What must I do today?"* Meets outer but resists inner expectations You will meet your outer commitments, getting up to run with your husband at 5:00 but may not get up at 5:00 to run by yourself.

Questioner: "What needs to get done and why?" Resists outer but meets inner expectations. You will resist arbitrary rules but will do research to make sure something you do is worthwhile. You are motivated by sound reasons.

Rebel: "What do I want to do today?" Resists outer and inner expectations - You do the assignment you want to complete rather than the one assigned.

Some other things you need to know about yourself:

3. *Moderator* (can easily limit anything) or *Abstainer* (works best when problem item is completely eliminated)
4. *Underbuyer* or *Overbuyer*
6. *Simple* or *Abundance*
7. *Small Steps* or *Big Steps*
8. *Finisher* or *Opener*
9. *Familiar* or *Novelty*
10. *Marathoner* or *Sprinter* or *Procrastinator*
11. *Promotion Focused* (make gains) or *Prevention Focused* (minimize danger)
12. *Small Steps* (start gradually) or *Big Steps* (jump right in)

In Order to Create and Maintain Good Habits You Need:

Good Foundation: get enough sleep, exercise, eat well, unclutter

Schedule: Put in on the calendar!

Accountability: Use another person, a device, something!

Monitor: Your habits and progress. Keep A Log!

Here are some cool tools that you can use when developing good habits:

Pairing: Put together a want (TV show) with habit (exercise)

Convenience and Inconvenience: We love things to be convenient, so make your new habit easy to do, for example, exercise in the morning if your an early bird, use a tiny fork if you're an over-eater!

Recognize Loopholes: We give ourselves reasons to break our good habit: *I'll start tomorrow! I've had a bad day, etc.*

Safeguards: Don't walk by the ice cream shop if it's a temptation. Make rules for yourself and follow them.

Distraction: If you're going to indulge in a bad habit, distract yourself for 15 minutes doing something you like.

Treats: Pick something you like to do, such as reading a novel, watching a TV show as a treat to have during your day of good habits!

A life coach can help you come up with a plan to develop good habits. Try out the free, downloadable, *Habits Worksheets* on my website and/or schedule a consultation with me at www.thometzlifecoach.com. You can find a link to *Better Than Before* by Gretchen Rubin, under my Resources tab.