

Happiness Habits

SAY GOODBYE TO THE RUT...
SAY HELLO TO HAPPINESS AND JOY!



HABIT 10 HABITS

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HABITS

PRACTICE PRACTICE PRACTICE

Congratulations!!! You've made it to Day 10, Habit 10... Creating Habits. By now, you've identified what brings you pleasure, you've clarified dreams, you've felt into creating a tribe of Sisters, and you've learned how to have a healthy growth mindset.

But just like going to the gym once won't suddenly give you lean abdominal muscles or eating one salad won't make you lose 30 pounds and writing one page of a book won't get you published, doing each of these Happiness Habits once won't make you the happiest woman you know. You have to turn each of these Happiness Tools into HABITS.

As Sean Covey says, "We become what we repeatedly do."

So what is a Habit?

hab·it/'habət/

1. A settled tendency or usual manner of behavior
2. An acquired mode of behavior that has become nearly or completely involuntary
3. A behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance

TODAY'S HAPPINESS HABIT IS ALL ABOUT YOU MAKING THESE TOOLS YOUR USUAL BEHAVIOR, INVOLUNTARY, SIMPLY PART OF WHO YOU ARE AND THE WAY YOU LIVE EVERY DAY!

HABITS

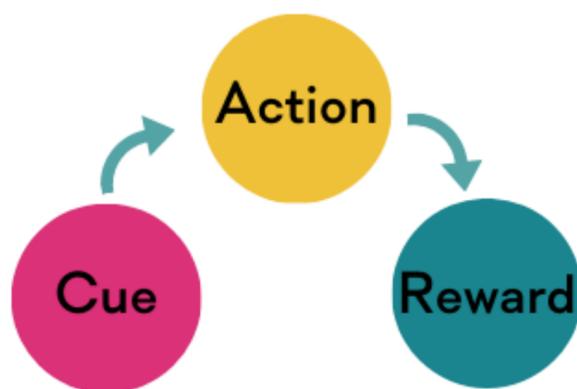
EVERY DAY "I CHOOSE"

Right now, you have lots of habits. Perhaps you have a morning habit of brushing your teeth as soon as you wake up. Or prior to the Self-Love Happiness Habit, you've had an automatic thought habit of telling yourself that you're fat every time you look in the mirror. Habits are often so automatic that we aren't even aware of them. Fortunately, you can choose to become aware and to make an active effort to turn the Happiness Habits you've learned in this course into automatic behaviors and thoughts that serve your highest good!

Usually we only think of a habit as a behavior, but according to expert Charles Duhigg, every habit has three parts:

- The Cue, which triggers the desire for the behavior
- The Action, which is the habit itself
- The Reward, which tells your brain that the behavior is good and to keep doing it

To create a habit, you need to get clear on what cue you'll use to remind yourself to do the action, and then a reward that feels great for doing the behavior.



MAKE HAPPINESS A HABIT AND YOU'LL FEEL FULFILLED!

HAPPINESS HABITS

ISOLATE THE CUE. DO THE ACTION.

GET REWARDED.

With Happiness Habits, the reward will be feeling alive, fulfilled, joyful, and peaceful! Consider this: For each Happiness Habit, what is the reward you'll get by doing it consistently? How will you feel? What will you gain? Write the specific reward below:

Hope _____

Positivity _____

Pleasure _____

Mindset _____

Strengths _____

Self-Love _____

Relationships _____

Dreams _____

Lifting Others Up _____

Now, your opportunity is to isolate the cue that will remind you to engage in each action. For instance, you can put a sticky note on your bathroom mirror to cue you to say something loving to yourself each morning. Similarly, you may set an alarm to call someone in your soul family every day. Fill in below:

<i>Cue</i>	<i>Action</i>	<i>Reward</i>
	Hope Positivity Pleasure Mindset Strengths Self-Love Relationships Dreams Lifting Others Up	

YOUR BELIEFS BECOME YOUR
THOUGHTS,
YOUR THOUGHTS BECOME YOUR
WORDS,
YOUR WORDS BECOME YOUR
ACTIONS,
YOUR ACTIONS BECOME YOUR
HABITS,
YOUR HABITS BECOME YOUR
VALUES,
YOUR VALUES BECOME YOUR
DESTINY.

— GANDHI

MAKING LASTING CHANGE

EVERY DAY "I CHOOSE"

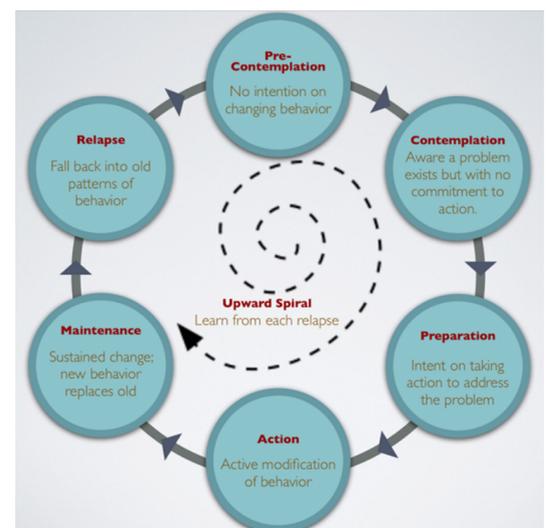
Before we conclude Happiness Habits, I want to leave you with one final piece of advice... don't stop, don't give up... even if you get sidetracked or you feel like you're failing.

The difference between people who succeed and those who "fail" is that those who fail give up when they relapse, fall "off the wagon," or get rejected. At that moment, people say "See, I knew I couldn't do it," and give up. If you give up, that's the only way to fail.

But if you forget your Happiness Habits for a day or week or month, or if you get rejected by some friends, or if you don't succeed in making all of these lasting habits YET, the only way to fail is to give up for good. Rather, see relapse or rejection as part of the change process. In fact, according to change researchers Prochaska and DiClemente, it is. So if and when you forget your habits or fail or fall off, then just dust yourself off without judgement or self-criticism, and begin again that day.

You were born to be JOYFUL, FULFILLED, and HAPPY, and to feel fully ALIVE. May this grand habit allow you to keep the other habits so that you become the happiest woman you know and create the life you desire!

NEVER GIVE UP. SIMPLY START AGAIN.



CONGRATULATIONS!!
YOU DID IT!
YOU'RE ON YOUR WAY AND I'M SO
PROUD OF YOU!

IF YOU DESIRE TO GO HIGHER AND DEEPER
TO FULLY DISCOVER YOUR PURPOSE AND
STAND IN YOUR POWER TOWARD YOUR
DREAMS, I WOULD BE HONORED TO GIVE YOU
PERSONAL SUPPORT!

ALL WOMEN WHO PURCHASED HAPPINESS
HABITS GET \$100 OFF OF COACHING WITH ME!
CONTACT ME, CARIN@CARINROCKIND.COM,
TO LEARN MORE, OR USE THE CODE
"HAPPINESSHABITS" ON THE COACHING PAGE
OF PURPOSEGIRL.COM.

I'M THRILLED TO SUPPORT YOU!!

*XO,
CARIN*