

5 Day Challenge

Worksheet with bebo mia inc.

Day 3 - KEYSTONE!

By now you should have 5 'FLIP IT STATEMENTS'. We are going to take ONE of these statements and turn it into a KEYSTONE HABIT!

WHAT IS A HABIT?

A habit is **something you do without even thinking**, something you have done so many times that eventually your brain turns on 'auto-pilot' to conserve energy. If you have a habit, you have created it by doing the same thing over and over again.

NOW WHAT IS A KEYSTONE HABIT?

By committing to **1 habit consistently** you will find that other healthy habits and behaviours form which will get you closer to your goals. By mastering one, you train your body to understand the actions of committing to a practice. **Keystone habits** cause a ripple effect.

Let's look at the example of waking up early to write content for 45 minutes to an hour everyday:

You wake up at 6 am and complete 45 minutes to an hour of blog writing; there were no interruptions of any kind. You complete this hour feeling productive and you loved what you wrote so you even got to stroke your ego too! Awesome. You love this feeling and want to ensure that you start everyday feeling this way. When you are committed to this you will make choices and decisions around this one behaviour all day long. You will make sure you stop working at the time you have set for yourself (eg. 10 minutes before the kids get home from school). You will make choices that ensure you get to bed at a time that supports you getting up at 6 am (eg. not watching just “one more episode” on Netflix). All of these choices will support you in achieving hyper focus in everything that you do. You will notice that your presence and attention will feel more valuable to you and those around you. This is an important step in connecting you to your POWER!

What will give you **more focus, more time, more energy** to grow your business?

Take a look at the list you created yesterday, pick one **Flip it Statement** and its solution and stick with it through January...**all of January.**

Bianca picked - I am going to write for 30 minutes each day in the morning from 7 - 7:30am.

Natasha picked - I am going to stop living in the space of being ‘too busy’ by setting a 30 minute timer 2x per work day. The rest of the time is notification free!

Alana picked - I am going to wake up at 6 am and spend 30 - 45 minutes reading/watching/listening to Business & Marketing books/videos/podcasts, while drinking my coffee.

We are deciding to commit to this **ONE habit through January**. The decision has been made, therefore, you will commit to this one thing. With the development of this habit you will then have a chain effect of more healthy habits forming that will get you to your goals.

Homework:

From your pain points/obstacles choose your Keystone for January.

Homework Notes:

