



Class 3: keystone habits

WE ARE GOING TO TAKE ONE 'FLIP IT' STATEMENT AND CREATE NEW DAILY HABIT THAT ALIGNS THIS STATEMENT!

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.

You can create a keystone habit by committing to 1 healthy habit every day. By sticking to this habit and being consistent you will find that other healthy habits and behaviors form and you move 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.

My 30 day keystone habit:

What will be the result of sticking to this habit?


