



HABITS + RITUALS



WHO IS IN CONTROL?

“We are what we repeatedly do. Excellence, then, is not an act, but a habit”.

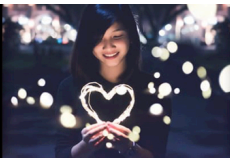


REFLECTIONS + LEARNINGS

- What is habit
- 3 Step Loop
- Craving + Anticipation
- Habit Reversal
- Daily Rituals
- Conclusion



*CREATE HABITS THAT ALLOW YOU TO WIN AND RITUALS
THAT ALLOW YOU TO STAY EFFICIENT*



WHAT IS HABIT

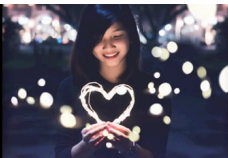
When you woke up this morning, what did you do first? Did you check your Facebook feed, read the news or jump in the shower? Do you have breakfast before your shower, do you brush your teeth first before you get dressed? Left shoe or right shoe first, socks and shoes before your trousers or after. What specific route do you drive each morning, do you check your emails first, or make a coffee first? By the time you start work not much of what you have done has resulted from conscious thought, but rather the automation of habit.

Take 5 minutes to reflect and document what you have done today - how much of your routine was purely unconscious automation?

William Jones in 1892 wrote - "most of the choices we make each day may feel like the products of well-considered decision making, but they're not, they're habits. A Duke University researcher in 2006 found that 40 percent of the actions people performed each day weren't actual decisions, but habits.

Whilst in their isolation habits have little overall significance in our lives, when coupled together, they dictate the results, consequences and quality of our life, hence how powerful habits are in our lives. Consider the impact that your food habits, financial spending / saving habits, exercise habits, linguistic habits, the way you spend your time, all form the benchmarks of your success, productivity, happiness, balance, health, wealth and love.

Our brains are not designed to retain complex information; therefore, it is always working to try and simplify life for us. Habits then emerge due to the brain desperately trying to save us thinking time and effort. In the absence of conscious thought, the brain will manipulate almost all routines and convert them into habits as habits allow our brain to chill out and not work hard.



THE THREE STEP LOOP

Habit has been broken down into a very basic three step loop.

Cue:

First there is a cue, a trigger that tells your brain to go into automatic mode and which habit to use.

Routine:

Then there is the routine, which can be physical or mental or emotional.

Reward:

Finally there is a reward which helps your brain figure out if this particular loop is worth remembering for the future.

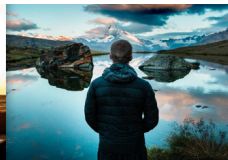
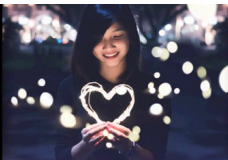
This loop, when consistently applied, cue, routine, reward - cue, routine, reward becomes increasingly automatic and applied with little or no conscious thought. The cue and reward become powerful symptoms of anticipation and craving, and soon enough, a habit is born.

Whilst simplistic in nature, and powerful in form, habits surprisingly can be ignored, replaced or changed.

The habit loop provides a very basic understanding of the process of habit forming, and reveals other basic human truths:

When a habit emerges, the brain stops fully participating in decision making. It stops working so hard, or diverts focus to other tasks. Therefore, unless you deliberately fight a habit - unless you find new routines - the pattern will unfold automatically.

Breaking habit into its main components of cue, routine and reward ensures a systematic approach to identifying each component, the inputs, motivators and how they can be created or destroyed, therefore giving the ability to create new empowering habits, and destroying disempowering habits at the individual component.



CRAVING AND ANTICIPATION

Craving and anticipation play a huge part in habit forming.

There is no specific programming or chemical compound in our brain that makes us see a box of chocolates and instantly feel like a sugary treat. Once our brain has identified that a box of chocolates contains delicious sugar and carbohydrates- it will start anticipating the sugar high. The same occurs for smokers; if you see an advert for cigarettes then automatically without conscious thought you instantly crave the nicotine and have a cigarette. In these instances our brain promotes the activity and craving of the cigarette, and, if we don't, we feel frustrated and disappointed.

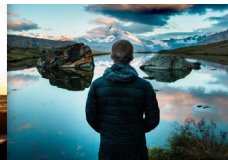
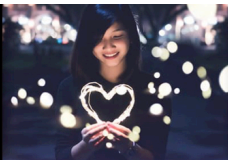
This process is how new habits are created. the culmination of a cue, a routine and a reward, and then cultivating a craving that drives the loop.

Cravings - Habit Creation:

In 2002 researchers wanted to better understand and define why people habitually exercise.

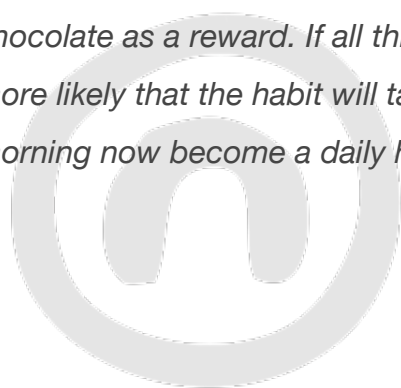
The study involved 266 people who trained at-least 3 times a week. What was identified is that typically people started exercising on a whim, because they had more free time, and to help with stress alleviation. However, the reason of 'why' they continued to exercise was due to the very specific reward in which they began to crave.

In one of the studies groups, 92% of people said they habitually exercised because it made them "feel good" - they grew to expect and crave the endorphins and other neuro-chemicals a workout provided.

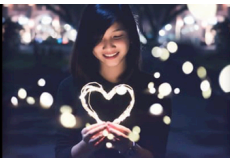


In another group, 67% of people said that working out gave them a sense of “accomplishment” - a regular craving they received when tracking their individual progress through an online application or software tool that tracked their progression - in this instant self-reward was the craving to turn the physical activity into a habit.

If you want to introduce walking or running into your morning routine but struggle, start by leaving your running clothes next to your bed, or, put on your running clothes first thing in the morning. Make sure you give yourself a reward for conducting that exercise later on in the day. Whilst this is a good start, it is unlikely to be sustainable unless you start craving the reward, for example anticipation of the endorphin influx or, the anticipation of viewing your progress or eating that chocolate as a reward. If all three of these components are experienced then it is more likely that the habit will take hold of you and exercising first thing in the morning now become a daily habit.

 the human affect.





THE GOLDEN RULE OF HABIT CHANGE

“you can’t extinguish a bad habit, you can only change it”

Habit Reversal:

Habit reversal is a current day medical practice aimed at those suffering from depression, anxiety, smoking, gambling problems, bedwetting, procrastination, obsessive compulsive disorders and numerous other behavioural problems both physical and mental. One of the crucial elements of habit reversal is identifying the craving driving our behaviour. More often than not, we have no understanding or identification of the craving that drives our behaviour.

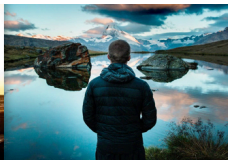
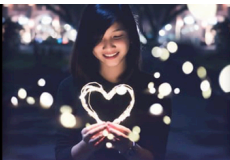
Example 1:

You are at work, and you always go down to the cafe for a muffin. Is the reward you are seeking to satisfy your hunger, or is it to interrupt boredom? If you get a muffin for a quick release, you can easily replace this routine with another routine - playing on your phone, or chatting to a colleague or going for a five-minute walk. If you conduct this routine, and are still wanting a muffin, perhaps it is because you are seeking to satisfy your hunger.

If you are putting on weight, and you can’t work out why, understanding your cravings are key. In this instance, if you realise that you get bored and want a release, and getting a muffin is that release, simply change it from a muffin to a juice. The cue (boredom), process (getting a juice) provides reward (boredom relinquished) without the muffin being replaced this time by a juice.

Final Ingredient in Habit Transformation:

For habits to permanently change - you must believe that change is feasible. Group strategy, accountability or community belief to teach, promote, and support this is critical, hence the reason alcoholics anonymous is so powerful as the meetings which involve a community of people teach this belief and prove it through actions.



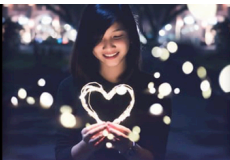
For you, the human affect is your ecosystem of believers, supporters and fans. We all serve one another to ensure that as a community everyone thrives.

Take 5 minutes to reflect and document 3 habits that you want to replace and WHY you want to replace it. If your WHY is big enough you will be successful in this replacement, if not it becomes much more difficult.

Gandhi said, “be the change you want in the world” - your habits will empower you to be this change...



the human affect.



RITUALS

Rituals are the daily personal missions that you set yourself that ensure maximum growth, balance, success and fulfilment. Rituals are unique to you, they are the daily practices that allow for you to be in an empowered state of mind, which ensures that your daily routines, practices, tasks are all achieved in a successful manner.

Your rituals are your rituals, specific to you and what gets the best out of you.

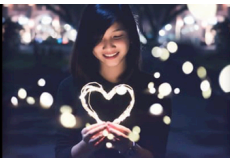
“Rituals, in essence - provide the structure and substance to our every day lives. Without their comforting presence, our lives are thrown into uncertainty and chaos”.

Your daily rituals may include:

- Yoga / stretching / movement / dancing
- Meditation / breathing exercises
- Positive Affirmations / Intentional Focus
- Nutrition
- Empowering Mantra
- Journaling
- Manifestation / Visualisation Exercises
- Daily Planning
- Self-Love / Grateful Exercises

These daily ritual examples if conducted consistently will provide calmness, clarity, empowerment, balance, significance and can be broken down into morning and nightly rituals.

This is what rituals are for. We do spiritual ceremonies as human beings in order to create a safe resting place ...” ~ E. Gilbert



Ritual Breakdown Examples

MORNING - 60 MINUTES:

- Movement (stretching / yoga) - 30 minutes
- Deep Breathing (nostril breathing / breath withholding / breath counting) - 10 minutes
- Guided Meditation – 20 minutes

MORNING - 40 MINUTES

- Empowering Mantra (3 songs - gratefulness / empowering mantra / future visualisation) – 15 minutes
- Journaling – 15 minutes (thoughts / reflections / learnings / feelings)
- Daily Planning (structuring your day) – 10 minutes

NIGHT - 60 MINUTES

- Meditation – 30 minutes
- Movement – 30 minutes (stretching / core exercises / yoga / dancing)

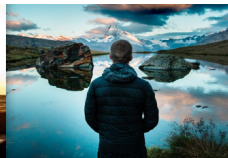
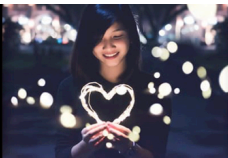
NIGHT - 60 MINUTES:

- Self-love exercises – 10 minutes
- Manifestation / Visualisation Exercises (20 minutes)
- Breathing Exercises (10 minutes)
- Meditation (20 minutes)

Commit to morning and nightly rituals and your life will totally transform...just ask Einstein, he will attest to this. After 10 years of absolute dedication, he gave up, went on a 3 day meditation and within his realm of tapping into his sub-conscious, he pieced all the missing pieces together – from this came his theory of relativity.

Dr. John Demartini's famous 'breakthrough experience' - came to him through a visual whilst meditating on a plane. This visual has subsequently changed the lives of hundreds of thousands of people who have worked with him.

YOUR RITUALS ARE WHAT SEPARATEES THE 1% WHO LIVE IT AND THE 99% WHO ONLY EVER DREAM OF IT



CONCLUSION

By the end of this learning you have now started to identify how much of what you do is on autopilot - habits so ingrained into your life - that you rarely apply conscious.

Do not concern yourself with where these habits came from, or why they exist, but rather ask yourself the question “do they allow me to be”, and if they do not, then replace them with more empowering habits, habits that allow for your maximum growth and success.

Choose to focus your time, energy and attention towards implementing rituals into your everyday life – if you do not have time for rituals, then this is an even bigger sign for the necessity of them in your life. These rituals which truly inspire you, they will provide you with what you need, want and require to live an abundant life and that serve you in becoming your greatest infinite self.

Be patient, enjoy your journey of self-exploration and discovery and embark on this new venture with commitment, conviction, excitement and courage. If you do this - the universe will provide you will all the opportunity, signs and experiences you need to create your own rebellion and transformation.

As you progress through the learnings and teachings in the Human Blueprint Program, you will gain further insight into who you really are, what is influencing your thoughts, emotions and behaviours and you will gain an insight into how to change aspects of your life to ensure that you can enable your own transformation.

The human affect remains by your side to support your growth, your journey of transformation ensuring you become your greatest infinite self and live an inspiring life.