



**HAVASS**  
Academy & Coaching

## DAY 6

If you have a goal you want to achieve, one of the most important issues you should review is your habits. **Because whether we accept it or not, our habits govern a great part of our lives and it is possible to reach a goal even by just managing our habits correctly.**

### Remember...

Many gyms were dissipated by saying "I will do regular sports this time"... Many diets are promised to be start on Mondays. Many cosmetic products have been bought- which are should be used every day to get visible results- and never used again except for the first week. The reason for all of this is that we cannot make a habit of the things that we want to make permanent in our lives like sport and diets. When our brain starts to do something automatically, those things become our habits and we continue our lives with these habits. **Everything we make a habit determines how we live our lives. In short, we become what we make a habit.** So I will ask you to answer the following question with great care

### What habit / habits do I need to adopt in order to reach my goal?

For example, what habits should a person have to reach a certain body size? Let's think about it...

- Exercising regularly for a certain time,
- Drinking a certain amount of water every day,
- Maybe getting up early...

So what habits should someone who wants to start a business have? For example,

- Making a budget,
- Saving money...

We will need some habits along the way, just as in these examples. It's hard to get something into routine, I admit. But it's not impossible. If you follow the right path and be determined, it is possible to easily adopt a new habit. Here are a few tips to make it easier for you to start a new habit....



### Start with Baby Steps

When something new enters our lives, our ego which does not like change(!), becomes alarmed and tells us that this is impossible, absurd, tiring, difficult etc. and does its best to prove that it is so. That is why, when we take small steps, it becomes easier and more enjoyable to do. You will prevent the possibility of being lazy and also prevent the ego from generating excuses such as "very difficult, taking too much time, too tiring". No need to rush, isn't our goal to make it continuous anyway?

### Don't give an opportunity to forgetting

The most common situation we encounter when trying to make something a new habit is forgetting. This is very usual; because we are constantly trying to include something we haven't done for years into our lives. That's why things can get much easier for us if we eliminate the possibility of forgetting. It is possible to prevent this situation by setting an alarm on your phone or by attaching small notes to places that are always in front of your eyes. Your job will be much easier if you don't forget.

### Prepare Your Environment

As I said at the beginning, excuses are what prevent you from doing when forming a new habit. The more excuses you refuse, the easier and more enjoyable the process will be. Whatever your goal is, you can make your job easier by preparing the appropriate environment for it. If your goal is to drink 3 liters of water a day, you can get a water bottle that you will love to carry with you. If your goal is to eat healthy, you can fill your fridge with only healthy food, and if it is to do sports, you can leave your sports equipment in the middle of a room and make it easier for yourself.

### Keep Your Motivation High

The reason of what we call "I'll do it every day from now on!" lasts for three days is usually because our motivation is very high in the first three days and then it declines. When our motivation decreases, we can't find a reason to do it and we quit. That's why it's so important to always be highly motivated. Before each day begins, ask yourself "Why do I want to do this?" You have a good reason to start this, but you forget it over time. This question will prevent you from forgetting and will remind you of your purpose. Your answer will be your greatest source of motivation.

### Take responsibility, keep going.

Take responsibility instead of blaming yourself when you can't, or postpone. Don't blame the circumstances. Yeah, you didn't do it today. There is nothing to do right now. Tomorrow you will pick up where you left off.

Maybe you'll just need one habit during this process, maybe more than one. The number does not matter; the important thing is how much you can stick to your habits.



### Tasks:

- Make a note of these helpful habits on the habit tracking chart in the study agenda and remember to mark them as you done.



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