

THE HAPPINESS OF HABITS

ATOMIC HABITS: EXTREMELY SMALL. IMMENSE ENERGY.

Micro Changes. Powerful Results.

GORGE HAPPINESS MONTH

One Percent

If you knew that you could become 30% happier (or smarter, or patient, or resilient) in one year by making a 1% gain each day, would you commit to persistent, steady upskilling?

Positive psychology is the science of human flourishing. Anyone can make aggregated gains to their wellbeing overtime through awareness, committed intention, and by replacing before habits with better habits.

The inverse is also true; 1% decline per day for a year, you'll end up at zero or in the deficit.

Happiness is not out there for you to find. Its atomic potential is living inside you waiting for the power of your total commitment.

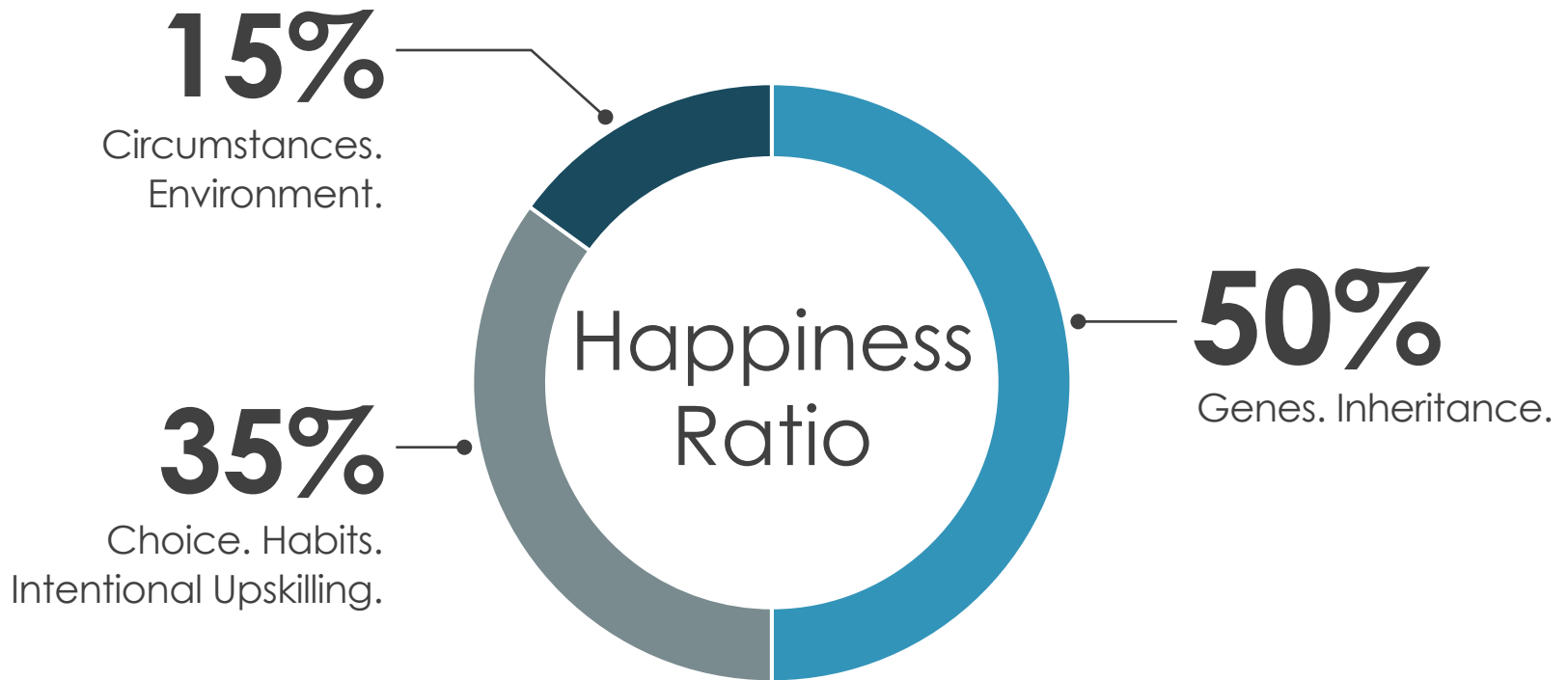
HOW TO USE THIS WORKBOOK

Your early commitment will effect the impact of this workshop.

If you only have 30-minutes, listen to the podcast hyperlinked on page six.

If you have more time, commit to completing one page per day for eleven days.

Deep-time is your happiness friend. Thirty-minutes per day for eleven days will yield greater gains than two-hours before the workshop.



Positive psychology upskills the 35% within your control.

Let's do the math: 35% of your happiness is learned and earned. If you can get 1% better (smarter, kinder, mindful, optimistic) each day for one year, you'll end up 37 times better than before.

The Happiness Formula

01 Learn the science of positive psychology

02 Begin with the end in mind

03 Commit to 1% improvement

04 Upskill: replace before habits with better habits



1%

Atomic Habit Change

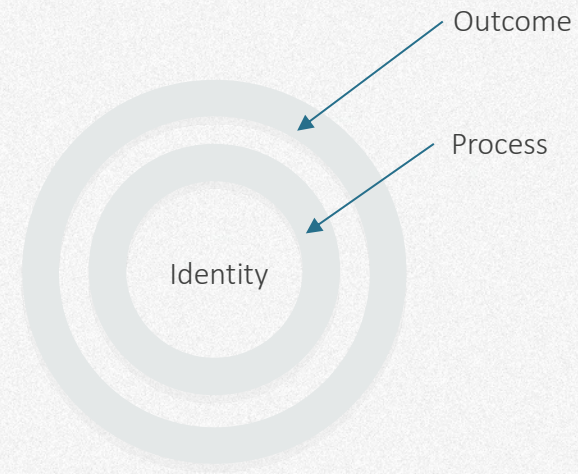
What micro habit will you start?
What micro habit will you stop?

Personal Preparation

before the workshop

Happiness Formula	Learn & Reflect	Journal
Learn the science of positive psychology	Listen to this podcast interview with James Clear, author of <i>Atomic Habits</i>	What is one thing you know now that you didn't know before?
Begin with the end in mind	Consider how you want to feel 365-days from now. [Grounded. Balanced. Active. Creative. Calm. Clear. Connected. Strong. Resilient.]	When was the last time you felt this way? What habits supported this feeling state?
Commit to 1% improvement	What type of person feels the way you want to feel? (e.g., an organized person feels calm; a fit person feels strong; a mindful person feels present; a patient person feels grounded)	What <u>single</u> change will bring you closer to your desired feeling? [Pushups. Yoga. Nature walks. Sleep. Solitude. Meditation.<Social Media. >Connection.]
Upskill: replace before habits with better habits	How are you complicit in creating the very conditions you say you don't want?	What unhealthy habit is the biggest barrier to your desired feeling? [Media. Alcohol. Multitasking. Rushing. Overscheduling.]

Three Layers of behavior change



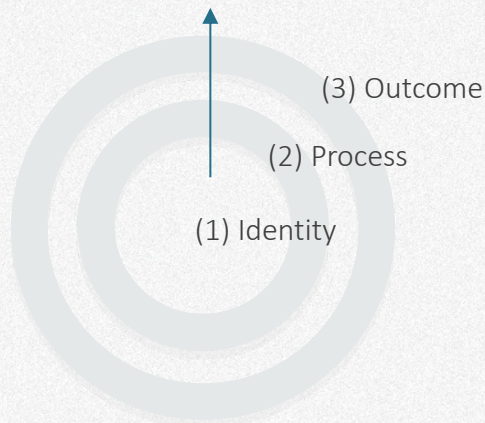
Three levels of change: outcome, process and identity

Outcomes are what you get – the goal

Processes are how you get there – what you do, your system

Identity is what you believe about yourself – who you are

Identity habit change



JOURNAL PROMPTS

Begin with the end in mind. Who do you want to be and how do you want to feel with this change

Consider how you want to feel 365-days from now:

Why do you want to feel this way?

What type of person feels this way? {e.g., an organized person, a zen person, a healthy, patient, thoughtful...}

Who do you know whose identity reflects the feeling you desire?

What beliefs are driving your desire to feel this way?

How do you judge yourself when you miss the mark?

What is the result of this self-judgment?

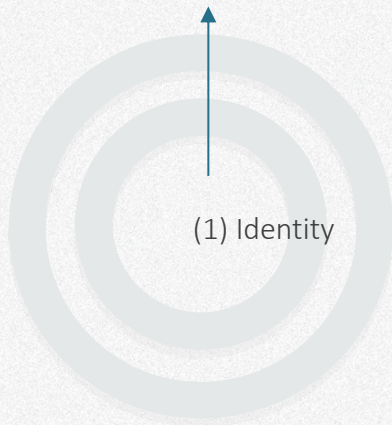
What micro habit will bring you closer your new desired feeling state?

Reverse The Direction of Change

With outcome-based habits, the focus is on what you want to achieve. With identity-driven habits, the focus is on **who you want to become**. Rather than focusing on the outcome (the goal) and working backward to identity. Begin with the end in mind, visualize *who you want to be* and what you want to feel (your identity) and focus on identity change habits.

Identity

habit change



JOURNAL PROMPTS

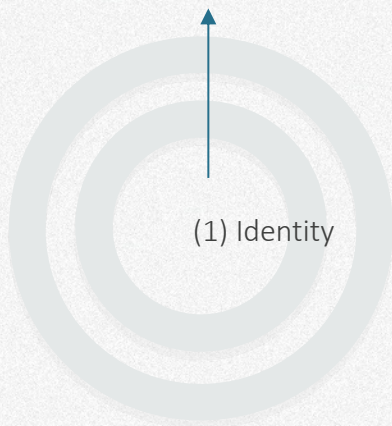
Describe the person (i.e., the new 2.0 you) who has realized this identity change

- Why do you want this change?
- What values are driving your why?
- What fears are driving your why?
- What does alignment with this new you look and feel like?
- What does misalignment with this new you look and feel like?

Understand Your Why

Your 'why' is your motivation (the engine and power source) that is intimately linked to your identity (how you see yourself)

Identity habit change



JOURNAL PROMPTS

Look Closer: Recall a specific example from your past where your identity changed because of a habit change you committed to

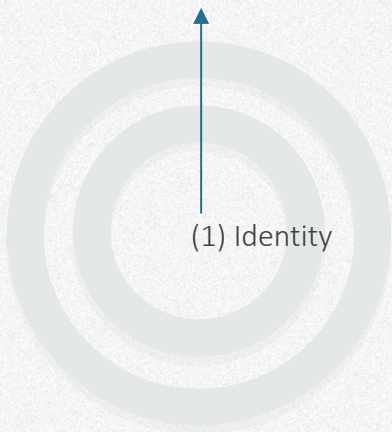
- How did you systematically build a new 'body of evidence' that created your new identity?
- How long did it take?
- Why did you persist?
- What did you do to overcome obstacles?
- What were the results then, and what are the results today?
- *How* did you become the type of person you wanted to become?

Find Success Patterns

Most likely, you've made an identity change before. To be successful, you needed to know **who** you wanted to be and **why** you wanted to be that person, then you set out to make it happen. Your identity change did not happen overnight.

Identity

habit change

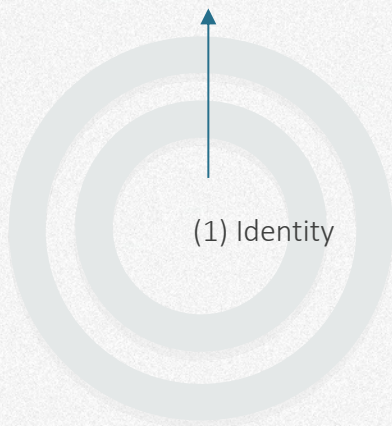


JOURNAL PROMPTS

What is your relationship with unhealthy habits?
These habits are serving you; find out how & why

	Relationship	Benefit	Cost
Sleep Deprivation			
Blaming			
Worrying Mind			
Caffeine			
Alcohol			
Consumerism / Binge Buying			
Netflix / Binge Watching			
Amphetamines			
Social Media			
Procrastination			

Identity habit change



JOURNAL PROMPTS

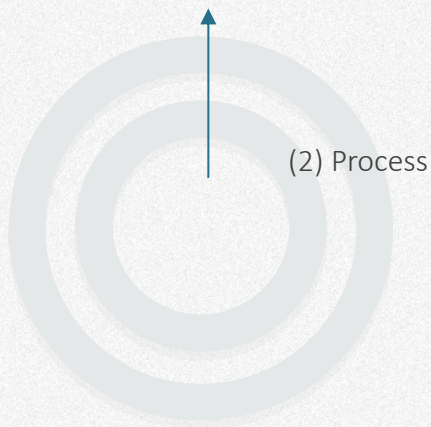
What beliefs are preventing you from achieving your desired identity:

- What are you currently doing (or not doing) to prevent your happiness identity change?
- How are you benefiting from your current identity system? You're gaining something, get clear about your ROI.
- When you say yes to your old identity, what do you say no to?
- How are you complicit in creating the very conditions you say you don't want?

Find Your Belief Architecture

Your beliefs and behaviors reflect your identity. The more tightly linked a belief is to your identity, the more difficult it is to change a behavior. The biggest barrier to sustained, systemic change is identity conflict – truly wanting what you say you want. Your identity (who you think you are) must align with your desired outcome (what you say you want) for coherence.

Process habit change



JOURNAL PROMPTS

You've unwrapped the beliefs your old-identity valued. Now, identify a 1% micro habit that will move your mind from 1.0 thinking to 2.0 feeling – from old you to new you.

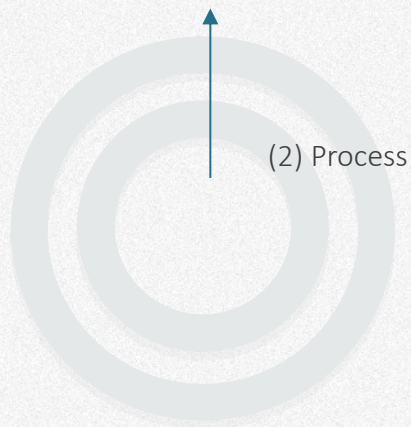
Identity < > Process

- Identity: I want to be the **type** of person who ...
- Process: To become this person, the micro habit I will change is ...

Fall In Love With The Process

Aggregated 1% micro-change is a long game perspective that requires commitment to endless iteration, refinement and improvement. Your commitment and *joy in the process* will determine your progress and sustainability. Progress not perfection.

Process habit change



JOURNAL PROMPTS

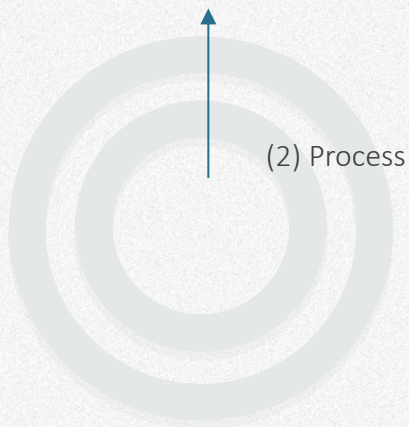
You've identified a micro-habit that will change your identity. Now, begin system-thinking

- What systems (e.g., specific time, duration & location) can you put in place to build this new habit?
- For better results, refine the system:
 - What would this system look like if it's easy?
 - How can your system be easier still? Simplify.
 - How can you make your habit smaller?
 - Take it another step smaller. Find a 1% atomic action – micro-small and immensely powerful.

Focus On Your System

"You don't rise to the level of your goals; you fall to the level of your system." – James Clear

Process habit change



JOURNAL PROMPTS

You've started your system-planning. Now plan your specific intention formula

The Formula: I will [micro habit] at [time] in [location]

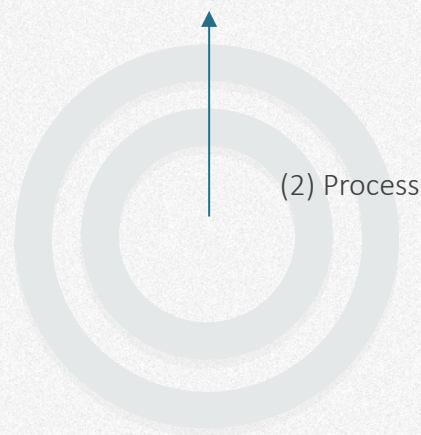
Habit stacking makes your formula even easier. Pair your new habit with a current habit. (e.g., I will meditate right after I brush my teeth.)

The Habit Stacking Formula: After I [current habit] I will [new habit].

Make it Obvious. Make it Easy.

You're more likely to succeed when you pair your new micro-habit with a specific time and location. Stack your new habit onto another habit you do every day (e.g., brush teeth, drink coffee, pick up kids, eat dinner) and the habit will form faster.

Process habit change

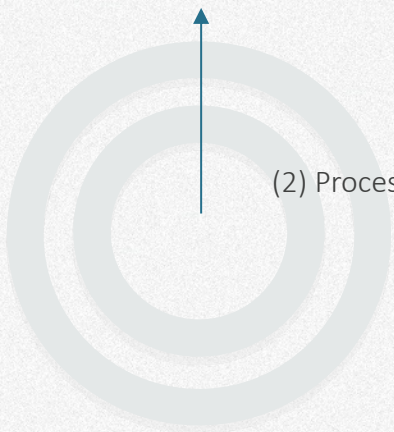


TIME-TARGET

Map your average workday for high and low energy zones. When are you likely to default into before habits? When will success be easier?

Time of Day	What I do	My Emotions	What I feel in my Body
When I First Wake			
Before Breakfast			
Breakfast			
After Breakfast			
Early Afternoon			
Lunch			
Late Afternoon			
Before Dinner			
After Dinner			
Before Bed			

Process habit change



Divide your day. Make a habit list.

- Ask yourself:
- Is this a good habit , score +
 - Is this a bad habit , score -
 - Is this a neutral habit , score =

HABIT SCORE CARD

Get Clear: does this behavior help you become the type of person you want to be?

Time of Day	Daily Habit	+ - or =	Benefit/Cost
When I First Wake			
Before Breakfast			
Before Work			

Commitment after the workshop

You will forget 70% of what you learn in the workshop
Lasting behavior change is reflected in your follow through

Happiness Formula	Action	Accountability Partner
Learn the science of positive psychology	Read the books: <i>Atomic Habits</i> and <i>Thinking Fast and Slow</i> .	Who will read these books and discuss them with you?
Begin with the end in mind	Write a vision statement or mission statement that embodies your new identity one year from now.	Send this statement to a friend. Ask them to check in on your progress weekly. Schedule a weekly 20-minute call
Commit to 1% improvement	Chart your progress week by week. Post your progress in a place you see every day.	Ask a friend to join you by committing to their own habit change. Share your progress reports with each other.
Upskill: replace before habits with better habits	Take time each month to reflect on your <i>before habits</i> and how you are changing 1% each day. Be extraordinarily patient with yourself.	It will take much longer than you think to hit <i>critical mass</i> -- when your better habit replaces your before habit -- so give yourself time and self-encouragement. Be sure to celebrate each day's 1% victory.

This workshop is brought to you by **Bend Don't Break**, a positive psychology consultancy that helps people and organizations thrive.

Based on the books *Atomic Habits* by James Clear and *Thinking Fast and Slow* by Danny Kahneman.

Bend Don't Break

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