

Secrets to Changing Habits



Step Two – Understanding My Life’s Movement

1. **Make a definitive assessment of your current lifestyle.** Every person reading this falls under one of these categories:
 - a. Single with or without children as a homeowner or renter:
 - i. Working a full or part-time job (*student or non-student*)
 1. Inside a building X hours/day
 2. Outside salesperson & never in the same place
 - ii. Jobless (*student or non-student*)
 - iii. Business Owner full or part-time (*Student or non-student*)
 1. Out of your home
 2. Own/rent real estate to operate the business
 3. Out of your car with a portable tech office
 - b. Married with or without children as a homeowner or renter:
 - i. Working a full or part-time job (*student or non-student*)
 1. Inside a building X hours/day
 2. Outside salesperson & never in the same place
 - ii. Jobless (*student or non-student*)
 - iii. Business Owner full or part-time (*Student or non-student*)
 1. Out of your home
 2. Own/rent real estate to operate the business
 3. Out of your car with a portable tech office
2. **Based upon your lifestyle, make a top 5 list of things you must do every single day to keep your life’s’ ship sailing smoothly.** These are considered your “Big Rocks” and they take full priority over other tasks for the day. In your mind, if you fell to get anything done, this list of things must be completed.
3. **Take the list from step 2 and generate two sub-lists:**
 - a. Consequence List - for each task, list all the consequences you can or will suffer if the task is not accomplished, and explain how that impacts your life.
 - b. Effects on new goals list – Does this task support my goal? If so, how? Does this task destroy my goal? If so, how?