



Limitless Growth Strategies  
Building Dreams. Growing Giants.

## ELIMINATING BAD HABITS

Bad habits really put the brakes on your progress. They're like making the same mistake over and over again. Here are a few strategies to get back on the road to freedom.

- ✓ Deal with one challenge at a time. Figure out which bad habit you want to work on and then make that your priority. You can eliminate another habit each month.
- ✓ Be a scientist. Be curious and adopt the perspective of doing an experiment. This allows you to be more objective and there is less drama and bias that way.
- ✓ What benefit does your bad habit give you? Does this bad habit get you closer to achieving your vision or goal? Think about your goal every time you are tempted to slip back into your bad habit.
- ✓ Can you replace the bad habit with another habit that serves you and serves your goal and vision?
- ✓ Set up reminders. Use your phone and set reminders or affirmations about the importance of your goals. Set the reminders for times of the day when your resolve may be lower, or when you may more easily be tempted.
- ✓ Tell your friends and they'll help you reach your goal. This will help to hold you accountable.
- ✓ What are the triggers related to this bad habit? Figure this out and then remove your triggers.
- ✓ Be consistent. This is going to require self-discipline and intentionality. Keep working at it.
- ✓ Remember the pain. Each day, ask yourself what it will mean if you don't stop indulging in your bad habit. Visualize the likely outcome.
- ✓ Focus on the pleasure. Each day, also ask yourself what it will mean if you eliminate or replace your bad habit. Visualize the likely outcome of this scenario.
- ✓ You have to keep doing this for a month, even if you don't see progress initially. You can't do this for 5 days and say it is not working. It takes time to eliminate a bad habit and create a new, positive habit.
- ✓ Be realistic. This is going to be challenging and you may mess up, but start again! Avoid being too hard on yourself. It might take a couple of tries to get the new habit to stick. Just adjust your approach and keep on going.