

Habit Shift

Build Better Habits, Break the Bad Ones, and Create Lasting
Change With a Practical 30-Day System

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FREE PREVIEW — Chapter 1 of 12

Introduction

INTRODUCTION: You are likely no stranger to the promise of habit change, having read all the popular books on the subject, from "Atomic Habits" to "The Power of Habit". You felt inspired by the stories of transformation, and you imagined yourself adopting the same habits and achieving similar results. You envisioned waking up at 6:00 AM every day, exercising for 30 minutes, and then tackling your most important task before breakfast. But six months later, you find yourself still hitting the snooze button, skipping the gym, and checking email as soon as you wake up. You are not alone in this struggle, as many people face similar challenges in building new habits and breaking old ones. **HABIT CHANGE CHALLENGES:** You tend to get excited about new habits, but struggle to make them stick. This happens because most habit books describe the outcomes of building good habits and breaking bad ones, but they often neglect to provide a clear, step-by-step process for installing these habits in your daily life. They tell you what to do, but not how to do it, leaving you to figure out the details on your own. As a result, you are left with a vague idea of what you want to achieve, but no concrete plan for getting there. The research shows that this approach tends to work better for people who already have a strong foundation of self-discipline and habit-building skills, but it can be overwhelming for those who are just starting out. **A DIFFERENT APPROACH:** This book, "Habit Shift", does things differently. You will start by taking a habit-type quiz to identify your unique habit profile, which will help you understand your strengths and weaknesses when it comes to building new habits. Then, you will learn how to create context-specific stacks, which are sequences of habits that you can build on top of each other to create a solid foundation for change. You will also learn how to recover from obstacles, such as burnout or chronic illness, that can derail your progress. The book is structured as a 30-day plan, with each day building on the previous one to help you create lasting change. **USING THIS BOOK:** You can use this book in a way that works best for you, but following the 30-day plan sequentially tends to work better. However, if you need to focus on a specific area, such as building morning

[Introduction continues in the full workbook]

Chapter 1: Why Habit Books Fail You (And What This One Does Differently)

CHAPTER 1: WHY HABIT BOOKS FAIL YOU (AND WHAT THIS ONE DOES DIFFERENTLY)

You are likely no stranger to the frustration of reading popular habit books, feeling inspired for a week, and then watching as nothing changes in your life. You've probably experienced this with Rachel, a 32-year-old marketing manager who read "The 7 Habits of Highly Effective People" and felt motivated to start waking up at 6 am every day to meditate and exercise. However, after just one week, Rachel found herself hitting the snooze button repeatedly and rolling out of bed at 8 am, only to rush to get ready for a meeting with a potential client. This scenario is all too familiar for many of us, and it's essential to understand why this keeps happening. Rachel's busy schedule and lack of accountability made it difficult for her to maintain her new habits. She also struggled with the pressure to produce high-quality content, which often led to burnout and frustration. For instance, on her first day of trying to wake up at 6 am, Rachel spent hours researching and outlining, but only managed to write 200 words.

Rachel's experience is not unique. Many people struggle to build new habits, despite their best efforts. You may have tried to start a new exercise routine, only to find yourself skipping workouts after a few days. You may have tried to start a new diet, only to find yourself slipping back into old habits after a week. The reason for this is not because you lack motivation or willpower, but because you are trying to build habits in a way that is not sustainable for you. You are trying to fit into a one-size-fits-all approach, rather than creating a personalized plan that takes into account your unique strengths, weaknesses, and circumstances.

In Rachel's case, she tried to wake up at 6 am every day, but found it difficult to maintain this schedule on weekends or when she had a late-night meeting. She also struggled with the pressure to produce high-quality content, which often led to burnout and frustration. To make matters worse, Rachel's habit book did not provide her with a clear plan for overcoming obstacles or staying on track. She was left feeling defeated and unsure of how to get back on track. This is a

common problem with many habit books. They often describe what successful habits look like, rather than how to install them. They assume that one-size-fits-all strategies will work for everyone, regardless of their unique circumstances.

The research shows that this kind of rigid approach tends to work better for people who are morning larks, but not for those who are night owls. For example, a study published in the journal *Sleep* found that night owls who tried to wake up early experienced decreased productivity and increased stress. This is because night owls have a different circadian rhythm than morning larks, and trying to wake up early can disrupt their natural sleep patterns. Similarly, people with demanding schedules or chronic illnesses may need to approach habit building in a different way. They may need to focus on small, manageable changes, rather than trying to overhaul their entire routine at once.

SECTION 1 — OPENING SCENARIO You can probably relate to Rachel's experience. You've probably tried to build new habits before, only to find yourself struggling to maintain them. You may have tried to wake up earlier, exercise more, or eat healthier, but found it difficult to stick to your goals. This is not because you lack motivation or willpower, but because you are trying to build habits in a way that is not sustainable for you. You are trying to fit into a one-size-fits-all approach, rather than creating a personalized plan that takes into account your unique strengths, weaknesses, and circumstances. To build new habits, you need to start by understanding your unique habits and tendencies. You need to identify your strengths and weaknesses, and create a plan that takes into account your lifestyle and schedule.

In order to do this, you need to start by tracking your current habits. You need to pay attention to what you do on a daily basis, and how you feel when you do it. You need to identify your motivations and obstacles, and create a plan that takes into account your unique circumstances. This may involve setting specific goals, such as waking up at a certain time or exercising for a certain amount of time. It may also involve creating a schedule or routine that takes into account your lifestyle and commitments.

For example, if you are a night owl, you may need to focus on building habits that can be done in the evening or at night. You may need to create a schedule that takes into account your natural sleep patterns, and allows you to get enough

rest and relaxation. On the other hand, if you are a morning lark, you may need to focus on building habits that can be done in the morning. You may need to create a schedule that takes into account your natural energy levels, and allows you to get a head start on your day.

The key is to create a plan that is tailored to your unique needs and circumstances. You need to start small, and focus on building habits that are achievable and sustainable. You need to create a schedule or routine that takes into account your lifestyle and commitments, and allows you to make progress towards your goals. By doing so, you can build new habits that will last, and achieve your goals in a way that is sustainable and fulfilling.

SECTION 2 — CORE CONCEPT The core concept of this chapter is that building new habits requires a personalized approach. You need to understand your unique habits and tendencies, and create a plan that takes into account your strengths, weaknesses, and circumstances. This involves tracking your current habits, identifying your motivations and obstacles, and creating a schedule or routine that allows you to make progress towards your goals.

The mechanism for building new habits is based on the idea of small, incremental changes. You need to start small, and focus on building habits that are achievable and sustainable. You need to create a schedule or routine that takes into account your lifestyle and commitments, and allows you to make progress towards your goals. By doing so, you can build new habits that will last, and achieve your goals in a way that is sustainable and fulfilling.

For example, if you want to start a new exercise routine, you may need to start by committing to just 10 minutes of exercise per day. You may need to create a schedule that takes into account your natural energy levels, and allows you to get a head start on your day. You may also need to identify your motivations and obstacles, and create a plan that takes into account your unique circumstances. By doing so, you can build a new habit that will last, and achieve your goals in a way that is sustainable and fulfilling.

The key is to focus on progress, not perfection. You need to start small, and focus on building habits that are achievable and sustainable. You need to create a schedule or routine that takes into account your lifestyle and commitments, and allows you to make progress towards your goals. By doing so, you can build new

habits that will last, and achieve your goals in a way that is sustainable and fulfilling.

SECTION 3 — STEP-BY-STEP IMPLEMENTATION To build new habits, you need to start by tracking your current habits. You need to pay attention to what you do on a daily basis, and how you feel when you do it. You need to identify your motivations and obstacles, and create a plan that takes into account your unique circumstances.

On Day 1, you can start by committing to a small, achievable goal. For example, if you want to start a new exercise routine, you may need to start by committing to just 10 minutes of exercise per day. You can create a schedule that takes into account your natural energy levels, and allows you to get a head start on your day.

On Day 7, you can review your progress and make adjustments as needed. You can identify what is working and what is not, and create a plan to overcome any obstacles that you are facing. You can also start to increase the duration or intensity of your habit, and focus on building a sustainable routine.

The smallest possible version of this is to start by committing to just 1 minute of exercise per day. You can create a schedule that takes into account your natural energy levels, and allows you to get a head start on your day. You can also start by tracking your current habits, and identifying your motivations and obstacles.

For example, if you want to start a new writing habit, you may need to start by committing to just 5 minutes of writing per day. You can create a schedule that takes into account your natural energy levels, and allows you to get a head start on your day. You can also start by tracking your current habits, and identifying your motivations and obstacles.

The key is to start small, and focus on building habits that are achievable and sustainable. You need to create a schedule or routine that takes into account your lifestyle and commitments, and allows you to make progress towards your goals. By doing so, you can build new habits that will last, and achieve your goals in a way that is sustainable and fulfilling.

SECTION 4 — THREE WHAT-IF SCENARIOS

WHAT IF YOU HAVE A DEMANDING SCHEDULE If you have a demanding schedule, you may need to focus on building habits that can be done in short, manageable chunks. You may need to create a schedule that takes into account your natural energy levels, and allows you to get a head start on your day. For example, if you are a busy professional, you may need to start by committing to just 10 minutes of exercise per day. You can create a schedule that takes into account your natural energy levels, and allows you to get a head start on your day.

WHAT IF YOU HAVE TRIED THIS BEFORE AND FAILED If you have tried to build new habits before and failed, you may need to focus on creating a plan that takes into account your unique circumstances. You may need to identify your motivations and obstacles, and create a plan that takes into account your strengths and weaknesses. For example, if you have tried to start a new exercise routine before, but found it difficult to stick to it, you may need to start by committing to just 1 minute of exercise per day. You can create a schedule that takes into account your natural energy levels, and allows you to get a head start on your day.

WHAT IF YOU ARE DEALING WITH A SPECIFIC CONSTRAINT If you are dealing with a specific constraint, such as a health issue or environmental factor, you may need to focus on building habits that take into account your unique circumstances. You may need to create a plan that takes into account your limitations, and allows you to make progress towards your goals. For example, if you are dealing with a chronic illness, you may need to start by committing to just 5 minutes of exercise per day. You can create a schedule that takes into account your natural energy levels, and allows you to get a head start on your day.

SECTION 5 — COMMON MISTAKES One common mistake that people make when trying to build new habits is trying to change too much at once. You may think that you can wake up at 5 am, exercise for an hour, and eat a healthy breakfast all at once. However, this approach often leads to burnout and frustration. Instead, you need to start small, and focus on building habits that are achievable and sustainable.

Another common mistake is not being specific enough when setting goals. You may think that you want to "exercise more" or "eat healthier," but these goals are too vague. Instead, you need to set specific goals, such as "I will walk for 30 minutes, 3 times a week, at 7 am." This will help you stay focused and motivated, and allow you to track your progress and make adjustments as needed.

A third common mistake is not having a plan for obstacles. You may think that you can stick to your habits no matter what, but obstacles will inevitably arise. You may get sick, or have a family emergency, or experience a setback at work. Instead of giving up, you need to have a plan for overcoming obstacles. You can identify potential obstacles, and create a plan for overcoming them. For example, if you know that you will be traveling for work, you can create a plan for how you will stick to your habits while you are away.

SECTION 6 — WORKSHEET OR TEMPLATE HABIT TRACKER: DATE:

_____ HABIT: _____
TIME: _____ DURATION: _____
_____ COMPLETED: YES/NO NOTES:

You can use this template to track your progress and identify patterns. Simply fill in the date, habit, time, duration, and completed columns, and then use the notes column to reflect on your experience and identify areas for improvement.

For example, if you want to start a new exercise habit, you can fill out the template as follows:

DATE: Monday HABIT: Exercise TIME: 7 am DURATION: 30 minutes
COMPLETED: YES NOTES: I felt great after exercising, but I struggled to get out of bed on time. Next time, I will try to go to bed earlier and set my alarm clock across the room.

You can also use this template to track your progress over time. For example, if you want to start a new writing habit, you can fill out the template as follows:

DATE: Monday HABIT: Writing TIME: 8 am DURATION: 30 minutes
COMPLETED: YES NOTES: I wrote for 30 minutes, but I struggled to come up with ideas. Next time, I will try to brainstorm before I start writing.

By using this template, you can track your progress and identify patterns. You can see what is working and what is not, and make adjustments as needed.

SECTION 7 — BEFORE YOU MOVE ON Before you move on to the next chapter, take a few minutes to fill out the habit tracker template. Identify one habit that you want to build, and fill out the template as follows:

DATE: _____ HABIT: _____
_____ TIME: _____
DURATION: _____ COMPLETED: YES/NO NOTES: _____

Then, take a few minutes to reflect on your experience. What did you learn about yourself and your habits? What obstacles did you face, and how did you overcome them? What can you do differently next time to make progress towards your goals?

By taking the time to reflect on your experience, you can gain valuable insights and make progress towards your goals. You can identify what is working and what is not, and make adjustments as needed. You can also start to build new habits that will last, and achieve your goals in a way that is sustainable and fulfilling.

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