



## Creating Daily “Lift Me Up” Habits

We all have great ideas about who we would like to be, though getting from where we are today to who we would like to be, can be tough.

There are many reasons why we may fail and, in this session, we are going to look at our daily habits to ensure that they are aligned with our Live Love Goals.

Here are Live Love Strategy Blueprint, that will assist you to connect; mentally and emotionally ensuring your success.

### Step 1: Review

Grab your journal and pen, then go to your quiet place and write out all your daily habits. Then visualise walking through each day for the past week. This will assist you to see any habits that you may have missed.

Then as you look at each habit, categorise them between:

- “Lift Me Up” Habits
- “Bring Me Down” Habits

As it takes 62 days for a new habit to be done automatically (unconsciously), we are going to create a 62-day plan to replace one of your “Bring Me Down” habits with a “Lift Me Up” habit.

### Step 2: Recognise

Even though you know that certain habits are no good for you, you continue to do them mainly as they are providing you with a benefit.

Grab your journal. Write the first “Bring Me Down” Habit, you’d like to replace at the top of the page. Then draw a line down the middle. Title the left-hand column, “**Benefits Received**” and the right-hand column “**Damage Incurred.**”

Complete each column, so you can clearly see that you are actually losing more than you’re gaining by continuing to perform this habit.

### **Step 3: Replace**

The secret to permanently breaking any bad habit is to love something greater than the habit. Look for a healthier “lift me up” habit that you’ll love doing and you can easily introduce that will provide you with the same benefits.

### **Strategy 4: Realise**

Realise that small, incremental steps are the best way to replace one habit with another. Create a plan that highlights the steps and timeframe required that will ensure you’ll succeed and feel the true benefits of change.

Consider in your plan:

- behaviours you can adopt that you’ll be more likely to stick with over time.
- How you can make it fun and enjoyable

This way, your efforts won’t be lost, and you’ll feel the true benefits of change. Know that this may be a long-term process (something you do over months or even years) as it’s unrealistic to believe that you can easily change multiple habits at one time.

### **Strategy 5: Rally-Support**

The key to ensure you continue to utilise these new habits and do not revert back to your not so ideal ones, is to enlist your friends and family to support you towards your new pursuits.

Make sure that they will have empathy and understanding when you occasionally revert back to your old habit. Though will continually highlight the benefits that you’re receiving through the new

### **Strategy 6: Reward**

Set up a reward system that will make sure that you continue with your new habit. Have different rewards for different milestones. Its always great to

### **Strategy 7: Rejoice**

When you have created the new “Lift Me Up” Habit and you do it daily, unconsciously set up a time to rejoice. Plan something big. The more we celebrate our achievements the easier it becomes to introduce more “Lift Me Up” Habits.

Well done.

### **Conclusion**

Know that that is OK. Just start with one, replace it and then continue with another, when you feel it’s right for you to replace the next one. Just take daily conscious actions steps and before you know it, all your habits will be “Lift Me Up” Habits.