



CONSISTENCY

THE **KEY** TO CHANGING YOUR BEHAVIOR

A Guide To Achieving Goals

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“We become what we want to be by consistently being what we want to become each day.”

Richard G. Scott

CHANGING YOUR BEHAVIOR

You can gain control of your life by making positive changes to your behavior patterns, so your behaviors support your goals. Changing your behavior is a two-step process.

The first step is the decision to change the behavior and the second step is all about consistency. Once you've made the decision to change your behavior, follow these new ideas for adopting the new behavior.

- Write a list of the positive benefits you will receive.
- Make the new behavior as enjoyable as possible. The more enjoyable the task, the more likely you are to do it.
- Control your thoughts. Focus on how much you will enjoy the outcome of the new behavior. Avoid negative thoughts or expectations.
- Reward yourself whenever you succeed in performing the new behavior.
- Each day, measure your progress in adopting the new behavior. This will help solidify the behavior. Some changes may take some time, but the results will be worth your perseverance.

Now, let's talk consistency....

con·sist·ent

/kənˈsɪstənt/

adjective

acting or done in the same way over time

HABITS ARE VERY POWERFUL

Habits and ingrained behaviors are difficult to change or break. But if we can break old bad habits and replace them with better habits, we have the power to change the course of our lives.

The problem is, it's not an easy task. Breaking bad habits and replacing them with more positive habits or simply letting go of the negative ones, takes discipline and work.

Most of us already know that bad habits are hard to break, but we also know that if we don't break them and replace them with good habits, it can lead to some undesirable outcomes. But once we repeat a behavior a few times, it becomes ingrained and sticks with us...out of habit.

Human beings like routine, so a habit, be it good or bad, represents routine and safety. We know it. I call this being "comfortably uncomfortable." *Ahhhhhhh*, says our subconscious, this feels comfortable, predictable, safe. Positive or negative, good or bad, it is routine, it is safe. We gravitate to safe like a bee to honey.

66 DAYS

The key to changing these habits and behaviors is consistency.

You've probably heard the saying that habits are formed. Well, that's true. We aren't born with them and no one tells us what habits to have. We develop them over time, by doing them over and over. In a study done by the European Journal of Social Psychology, they found that it took an average of *66 days* to form a new habit. **Sixty-six days!!** No wonder it is so tempting to give up in a few days or a week, especially when the new habit is a less than desirable one like working out or changing eating habits.

CONSISTENCY, MOTIVATION, SUCCESS

Beginning a new, healthier or positive habit takes work in the beginning, but like any other habit, it will take hold and become routine. As you begin to feel better and see positive changes in your life, it will help to keep you motivated and on track. Staying the course is imperative if you are to give it a chance to stick. Consistency builds momentum, which increases motivation, which ensures success.

Eventually, it will become predictable, safe and automatic.

The same goes for breaking a habit. Let's say you want to break the habit of watching too much television or drinking too much soda. Start small. Break it down into smaller chunks. For one night a week, don't watch any television after 5PM or drink one less soda a day and build from there.



“Motivation gets you going and habit gets you there.”

- Zig Ziglar

PRACTICE BEING WHO YOU WANT TO BE

If you have any doubt that consistency is the key to success when breaking habits and forming new ones, think Venus Williams, Michael Jordon, YoYo Ma, the list is endless.

Whether you're breaking a bad habit, forming a new positive habit or replacing a bad habit with a good one, follow these three keys and you will be successful.

1. Decide to make a change.
2. Break it down in to small chunks.
3. Be consistent.

Are you ready, get set, go!



“Its not what we do once in a while that shapes our lives, its what we do consistently.”

- Tony Robbins

WANT MORE INFORMATION OR NEED HELP WITH CHANGING YOUR BEHAVIOR?


Contact Dr. Michele D'Amico for a **Complimentary** Consultation.



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