

# 2020 DAY4: ACTION PLAN

Here's your writing exercise for today, if you haven't completed yesterday's exercise go and do it! Combine these with the exercise video challenges I've sent you and you'll be well on your way to your #DreamBIG



## BABY STEPS TO AN IDENTITY SHIFT

Here's the reality about change. It's not always easy. We know a lot of the things we SHOULD be doing but we don't always follow through. Your greatest #DreamBIG can be derailed by inaction. So today we're going to look at one of the core foundations for making changes in your life. Habits. The entire point with habits is that once you do something enough times your brain and personal identity is wired a certain way. An unhealthy person has daily habits that keeps them wired there.

Some of the top neuro and behavioural scientists have proven that by committing to small daily habits, you can actually REWIRE someone's brain as well as their identity over time. So back to my first example. The person who is currently unhealthy... If they were to start eating one healthy meal a day and doing 20min of exercise, over time their brain will rewire to not only get a reward from the healthy behaviours, but their personal identity will start to shift, they will start to VIEW THEMSELF as 'healthy' and guess what... When you identify as someone who is a 'healthy person' you start implementing more and more positive healthy habits into your life because doing unhealthy things isn't rewarding and 'isn't who you are'. Small habits, big life and identity shifts.

**What can you do with this research?** Well most people try to change too quickly and too dramatically. Instead of creating small incremental (SUSTAINABLE) changes in their life.

### HERE'S YOUR CHALLENGE FOR TODAY:

Identify 3 small habits that you can make a part of your daily routine that will start to shift your behaviour and identity in a positive direction. Perhaps you make 1 phone call a day to say thank you to a friend, family member, or someone who has a positive impact in your life. This small act creates a positive loop and builds the identity of you being someone who is grateful and reaches out to people who matter to you. Perhaps you take 10min to meditate, be calm and purposeful.

Maybe you read 2pages in the morning from a book that you know will stretch and grow your mind. Now you're building a habit and identity of someone who isn't afraid to learn and grow every day.

Pick the 3 simplest habits you can start implementing today. Don't overthink it. But put 3 recurring reminders in your phone. At time A I will do B. Do this with all 3 mini habits and see how long you can keep the streak going for. Start to notice how rewarding it feels, you're literally rewiring your brain and changing your identity for the better!

### MY 3 SIMPLE DAILY HABITS I COMMIT TO ARE:

1. At \_\_\_\_\_ time I will \_\_\_\_\_
2. At \_\_\_\_\_ time I will \_\_\_\_\_
3. At \_\_\_\_\_ time I will \_\_\_\_\_

**PUT THESE REMINDERS IN YOUR PHONE NOW!!**

**GET THIS EXERCISE DONE! #DREAMBIG**