



YOU CAN MAKE IT SO PODCAST

Episode Two – February 8, 2022

HABITS THAT HOLD – Part 2

Thank you for joining us for Part 2 of our series, and the second episode of this brand new podcast!

- The goal of the Podcast is to be short, direct and have real application because we all need a little nudge (one guy to another) that motivates us to strive to grow, so that, in our families, classrooms, workplaces and circles of influence we can be the men we want to be.
- This Podcast is for everyone to listen, but in a special way it is geared for men – it’s an outreach and part of our practice here at [Phoenix Life Coaching Canada](#)
- We want to help men to know that – **You Can Make It So**. The dream you have, the goal you have, the hope you have, the objective you have – You Can Make It So! Everyone has influence, and little by little, we will nudge each other to grow in getting better – because at the core – YOU CAN MAKE IT SO

Books Referenced for this Podcast

- [The Power of Habits by Charles Duhigg](#)
- [The Compound Effect by Darren Hardy](#)
- [Atomic Habits by James Clear](#)

Links Mentioned – go to our Website

- [Morning Routine](#)
- [#Makeitso Journal](#)

“You don’t have to be great to start, but you do need to start to be great” - Zig Ziglar

The fastest way to do big things is to consistently do the small, right things. **Successful people do consistently what other people do occasionally.**

So which habits should you start?

At the end of Episode One we talked about “**who goals**” and not “**do goals**”. We invited you to ask “Who do you want to become?”

When you know who you want to become, it’s easy to know what habit you need to start.

Based on who you want to become, what is **one** habit you need to start now? Remember we do not want **High Hopes, but Habits That Hold** Go ahead ... name that one habit now :

So a few points....

1. **Make it Small:**

Too often, especially as guys, we want a ‘super habit’ but a small habit is much easier to put into motion than a big “super habit.”

An example: GOAL: – “I want to be more caring toward others” – - HABIT: write one note of appreciation per day to someone.

[The Power of Habits by Charles Duhigg](#) calls these keystone habits. He defines them as “*Small changes or habit that people introduce into their routines that unintentionally carry over into other aspects of their lives.*”

Small Changes can cascade into other areas of your life, so, when deciding what habit you want to start, make it small.

2. **Make it Obvious.**

If you want to change what you do, change what you see. (e.g. If you want to take your vitamins then set them next to your toothbrush). Whatever you want to change, give yourself a visual cue to do that habit. When you do this, you are creating a habit loop. **It will take things from good intention to great results.**

3. **Make it Automatic**

We live so much of life on auto pilot. Excellence is never an accident. **Excellence is always the result of intention and consistent habits.** To make your one habit automatic, decide when you are going to do it.

To put this into practice – try this:

After I _____, I will do _____

(e.g. After I arrive at the office, I will write down my top three priorities for the day)

Remember – keep it small – your small consistent habits will make the difference!

Rethink Success:

So often we don’t see ourselves as successful unless we have accomplished a Big Goal – view yourself successful when you have practiced the right habit toward become who you want to be. **NOW YOU CAN MAKE SO.**

Next Week we will look at Handling Bad Habits

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Hopefully, this episode has helped you. That’s my goal. If you appreciated it, could you let us know? The best way to do that is to [follow us on Soundcloud or Spotify](#) and [leave us a brief review!](#) Your ratings and reviews help us place the podcast in front of new listeners. Your feedback also lets me know how I can better serve you. Thank you for being so awesome. When you follow us we will also - in February 2022 - enter you in a draw to receive a free copy of [Atomic Habits by James Clear](#)

Next Episode: Habits that Hold – Part 3

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***Let us start living in a way today that will help you thrive tomorrow and remember
– You Can Make it So!***