



# YOU CAN MAKE IT SO PODCAST

Episode Three – February 15, 2022

## *HABITS THAT HOLD – Part 3*

*Thank you for joining us for Part 3 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](#)

*Hopes don't change your success. Habits change your leadership*

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**” (or how). 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.

At the end of Episode Two we took a look at identify one good habit you could take on. Remember we do not want **High Hopes, but Habits That Hold**

In this episode we are asking a similar question; what is one bad habit that you need to break? **Remember you cannot defeat what you do not define.**

What is the one bad habit you need to break? :

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So a few points....

Good habits are hard to start, because the payoff is in the future.

Bad habits are the opposite. Bad habits have an immediate perceived benefit, and the negative results usually come much later.

**How do you break a bad habit?** Every time you act out a bad habit, there was a bad habit loop that took you there. In every bad habit loop, there is a **trigger** that causes you to do the wrong action, and that leads to a perceived **reward**.

Two steps to help break bad habit loops

**1. Remove the Trigger:**

Identify the wrong or bad habit, and make it more difficult to do by taking action ahead of time. **We are going to choose wisdom ahead of time over will power in the moment.**

Rather than trying to fight off the wrong trigger, we are going to intentionally remove the trigger.

Five Common Triggers: Place                  Time                  Mood                  Moment                  People

**2. Evict the Action:**

If you want to break a bad habit loop, evict the action

For example: If you are always hitting snooze on your phone's alarm, you can evict that action by leaving the phone across the room overnight.

Do whatever you need to interrupt the action. **Why resists a temptation tomorrow when you have the power to eliminate it today?**

Why is all this so important? **The habits you have today will shape who you become tomorrow.**

**SPREAD THE WORD. LEAVE A RATING AND REVIEW**

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](#)

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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!*