



YOU CAN MAKE IT SO PODCAST

Episode One – February 1, 2022

HABITS THAT HOLD – Part 1

Welcome to the first 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](https://www.phoenixlifecoaching.com)
- 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

“I can predict the long-term outcome of your success if you show me your daily habits”

– John Maxwell

Your habits matter more than you can imagine. You are what you repeatedly do. But not all habits are the same. The potential of your influence upon your family, your circle of friends, your coworkers or employees is a direct reflection of the quality of your habits.

So a few points

1. **Don't chase Super Habits** – As we men we have visions of big, elusive and often hard to achieve habits. We believe if we master them then we will be victorious (nothing could be further from the truth).
2. **Big Impacts are usually the result of small and wise habits.** - The most successful people aren't great at everything, but they are highly disciplined and have a few small wise habits. This is why successful people do consistently what other people do occasionally.

Here are three reasons why even with good intentions we often don't succeed in our habits. **We have High Hopes, but Not Habits That Hold**

1. We focus on the “what” but don’t understand the “how”:

James Clear, in his masterful book Atomic Habits, says *“goals don’t determine success. Systems determine success”*

As men we often focus on changing the result, (e.g. stop drinking) but we must focus on changing the system that is producing the result we don’t want (e.g. get away from what tempts us to drink)

2. We don’t see progress fast enough.

Very rarely do we see immediate results in a good or bad habit. We conclude two things which are both very incorrect: That small, wise decisions don’t matter much and that small, unwise decisions, don’t count for much. Both are so dangerously wrong. (Believe me I know).

Our life and leadership is the sum-total of the small decisions we make. *It’s the things no one sees that brings the result everyone wants.*

3. Our negative self-perception sabotages our success

We all have insecurities – everyone - even that guy who has success tattooed on his chest! Sometimes we create an unhealthy identity about ourselves (e.g. I am not good enough, I can’t do that) and this creates, or reinforces, un-healthy habits.

Identity shapes actions. So instead of setting goals that focus on “what” you want to do, set them around “who” you want to become.

Task To Do Before the Next Episode:

Create One “Who Goal” – one goal for this coming month based on who you want to be (e.g. I want to be someone who is more loving, more patient, more known for integrity). Then establish one habit you want to put in place that will allow that to happen. NOW YOU CAN MAKE SO.

Books Referenced for this Podcast

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

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](#) 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 2

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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!*