# Coaching Tip: Habit Forming-good or bad?

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| **Author** | Isabel Einzig |
| **Date** | 2012-07-11 11:08:48 |
| **Categories** | Coaching Tips |

***"We become what we repeatedly do."-Sean Covey*** Consider that you have a certain way of doing things and behaving each day when you awake in the morning until you go to bed at night.  You are performing actions that have become habits: acts repeated so often, they becomes automatic. Habits are made up of three parts: a cue, routine, and a reward.  According to Charles Duhigg in his book-The Power of Habits: Why we do what we do in life and business,  in order to change a habit, we must keep the cue and the reward, but change the routine. **Some Habits:** over eating, smoking, enabling, drinking, ridiculing, empowering, inspiring Activity: What are some habits you have that get in the way of you performing in life or business?  What are some habits that work well for you in life or business? List each set of habits.  What is the cue? (What creates the need to do them)  What is the routine? (The action  you then take) What is the reward? (What you gain) Remember: "To change a habit, you must keep the old cue, and deliver the old reward, but insert a new routine."-Charles Duhigg **Hint: Perhaps a cue is anxiety from a specific source, the routine is over eating, the reward is a sense of satisfaction or fulfillment. To attack this habit you might consider exercising instead of eating to relieve the anxiety.** **Also: *"Good habits are worth being fanatical about."-John Irving: Author***   Please take this activity to heart.  Also, report to me how your awareness of the parts of your habit have enabled you to change your routine and thus having resulted in the start of a new way of doing and being.

## Email me at: [isabel@uniquepathways.com](mailto:isabel@uniquepathways.com)