



3 Hints to Creating New Habits

To create your new habit requires you to do several things. Here are three hints to make it easier for you.

First Hint. You need to really want the new habit so it will give you more than what you current get. If you want to change habits such as smoking or over eating, but you think you really enjoy these and you fear you will lose something by changing the habit, then you will be focusing on what you had and not what you want. You need to focus on what you want and be prepared to let go of what you no longer want.

You can do this by writing down all the reasons why you want the new habit. Next, you rate each reason from 1 to 10 for the importance of it to you; 10 being high. Then you write down the reasons why you want to keep what you currently have. Rate it. Compare the reasons for the new habit with the old habit, Which has the highest rated reasons? If giving up gives you two reasons which rate at about 5 each. But staying with the current habit gives you four ways of which two are 3 and two are 8, then you will stay with your old habit. To make the change, you need to find more important reasons for changing.

Second Hint. To make the change you need to be able to see and feel yourself making the change. This is where visualization comes in. I often hear people say "I can't see myself doing that". Well, in that case they will probably not be able to do it until they believe they can visualize.

To do this you first need to recognize your main way of learning: visual, auditory, feelings. If you are a visual person, see yourself doing the new habit. If you are auditory, then imagine people and yourself telling you how easy and well you are doing the new habit. If you are a feeling person, recall a time you felt comfortable. Then hold onto that feeling as you imagine doing the new habit. This way you link it in your mind.

Once you can imagine it. Sit down and with your eyes closed, see yourself doing the habit in your mind 20 or 30 times. As your mind does not know where the thoughts came from, it will create the habit in your mind as if you are actually doing it. As you do this make sure you are bringing in the feeling of being comfortable with the habit.

Third Hint. Act as if it already exists. Become an actor. Once you have done the rehearsal in your mind, then it is time to do it physically. Imagine yourself as an actor; they need to perform a part that may not be who they normally are. As you act as if it is you, then your

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mind gets to make the change and believe it is you. You create the new habit and it will stay with you.

Fourth Hint (bonus). Another way to change a habit if you know how is by using hypnosis. If you have been taught self hypnosis then use it to create the new habit easily as you feel comfortable doing so.

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