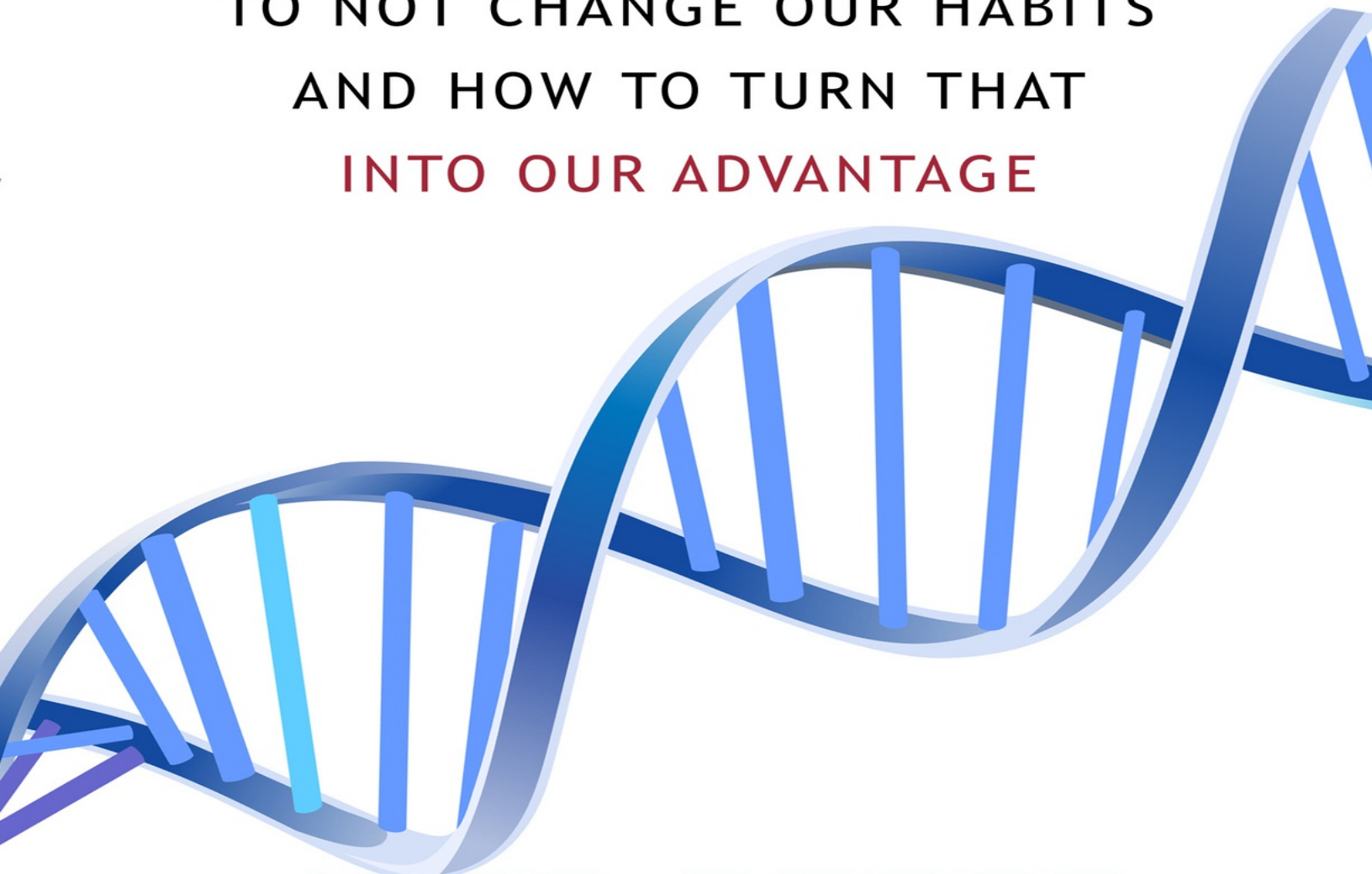


“A MASTERPIECE.” LISA SUTHERLAND

THE DNA OF HABIT

WHY WE ARE GENETICALLY
WIRED

TO NOT CHANGE OUR HABITS
AND HOW TO TURN THAT
INTO OUR ADVANTAGE



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Habit Hacking

by

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Table of Contents:

[Introduction to Behavior](#)

[Introduction to Genetics](#)

[Why do we adapt to tools, but not to patterns of behavior?](#)

[How does this even relate to habit?](#)

[Why Broken Community Patterns Are Considered Dangerous To The Subconscious](#)

[It's Impossible To Manipulate Your Subconscious Mind](#)

[How To Communicate To Your Subconscious Mind](#)

[The 3 Languages of the Subconscious Mind](#)

[Identifying Your Dominant Subconscious Language Model](#)

[Tuning Your Brain To Alpha](#)

[Managing Your Daily Subconscious Reactions](#)

[How To Make New Behaviors Last For Good](#)

[Habit Loops](#)

[The 2 Main Protagonists of Bad Habits](#)

[Triggers, Substitutes and the Power of Behavior Chains](#)

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A BRIEF INTRODUCTION TO BEHAVIOR:

Habits are an interesting part of our personality that we aspire to take control of. When people think of habits, they naturally gravitate their thoughts away from the undeniable perks that rule the subconscious realm.

However, if the subconscious can be trained to take automatic action, people can sit back and take incredible actions without breaking a sweat. After a great habit is set in stone, there's nothing that can stop it. Habits can become embedded inside of peoples' lives, where these new behaviors start to feel in sync with a new day and another sunrise.

Creating a series of good habits can transform anyone's life from a terrible hell into a blissful heaven. Therefore, properly applying and understanding habits are the most powerful skill someone can develop. It can transform any negative situation into a positive one. However, this process takes time and patience. All too often, we set goals to workout, do business, or become happier a person. However, once we set out to install glory inside of our lives, we find out that something's blocking our way.

If you've ever tried to make a new habit, you understand that there's something happening that's out of your control. You wake up ready to develop a new habit and get to work. You're committed, and nothing's going to stop you from achieving your goal. You start your goal with momentum, but by the end of the next week, you look back wondering what happened. Why didn't you continue to take action?

This can be a frustrating time inside of your life, and we all share that pain when we address transforming our life through the power of habit. It makes even the most ambitious souls doubt whether or not they can master the same habits that make the wealthy rich, and the ones that allow the happy to live in constant joy. This guide was developed with the purpose to allow people who start a new habit to finally finish what they started. In order to do this, we first have to understand what's going on and what makes creating new habits so difficult.

The Power of The Subconscious Mind.

The subconscious is a wonderful asset to humanity. It's responsible for growing babies into strong and powerful adults, it can heal broken bones, and cure disease. But behind the scenes, the subconscious machine is also in charge of our behavioral and emotional patterns.

Inside of the same system that's responsible for your heartbeat, lies the power of physical, emotional, and mental habitual behavioral patterns. The subconscious has meticulously taken every memory of every day and has documented, organized, prioritized, and has generated a suitable reaction to hundreds of millions of situations that you may encounter. "Wait....whaa?" is a typical reaction as people dive into this aspect of habitual building. It's the reaction I found myself facing as I discovered this fundamental gem after thousands of hours of research.

A Fundamental Truth of Habit.

The conscious mind is not in control of what actions and reactions we take throughout our lives. Therefore, one of the fundamental truths of habits is that our conscious mind can't override our

subconscious mind.

Why?

In order to answer this question, a more dynamic contemplation into the subject must be brought to the table to support this case. The two main cases to back this theory is backed through scientific studies into the subconscious warehouse as well as Maslow's law.

First, we'll look at an introduction into Maslow's law and why our genetic makeup is wired for another generation. Science and history tell us a story of man when we once roamed the world. We chose to make caves our homes before we learned how to build permanent homes. Over time humans created settlements, and those settlements transformed into empires. A little further down the road, humans started building dynamic civilizations. However, a world where people were protected by their government from murder, theft and fair trial is a new adoption into our species. It's speculated that humans have roamed the world for over 200,000 years, and that human civilizations first developed in large settlements across Ancient Mesopotamia over 8,500 years ago. This leaves approximately a 191,500 year gap between the development of humanity and the founding of a substantiate civilization.

An Introduction to Genetics:

This book doesn't have time to development of the foundations of genetics. However, it's important to note that humans are created through a rite of passage that combines two sets of DNA in order to create a new child. The intention of creating this child is in order to survive and thrive inside of a constantly adapting world.

Luckily, the structure of genetics has allowed humanity to quickly adapt to electricity and technology in order to increase their standard of living. However, humanity's ability to adapt and soar is backed by an encrypted security system that's almost indestructible as it combats the luxuries that the conscious mind brings to the table. A perfect example to demonstrate the undeniable ruler of our behaviors is through the rapid development of space travel. Imagine a civilization where people could travel across galaxies in a reasonable time frame. Ground breaking technology had developed, and it allowed people from all over the world to travel the universe for the same price they could purchase a home.

As humans, this sounds incredible. However, we begin to automatically contemplate whether or not it's safe to travel so far from Earth. We think are there planets we can land on? How do we launch back off a planet that has an entirely different land and atmosphere than earth. How do we know if a planet is safe to land on? If we find ourselves in trouble, how do we call for help? How long will it take for help to come? What happens if we're unexpectedly hit with a solar flare? How long does it take to safely transmit messages across the galaxy? How do we keep our transmissions safe so dangerous people can't access our messages? What happens if our spaceship breaks down hundreds of galaxies away from the closest help?

In turn, humanity builds a series of galactic infrastructure where people can stay on planets like they would hotels and spaceships would have access to fuel stations. The traveling highways would have to have mandatory pit stops and entrances to stop collisions that occur during high speed travelers to popular destinations. If we had safe conditions set for this travel, then, maybe, we'll feel comfortable traveling throughout the universe.

In other words, humanity is ruled by a series of subconscious safety nets that ensure individuals don't die from situations and circumstances that could have easily been avoided. While the example of space travel is an extreme circumstance, humanity has found itself in a similar condition. Technology has provided incredible insights that has allowed the most brilliant minds in the world to work together to develop revolutionary technology.

Experts believe that there have been 125,000 generations of humanity. Of these 125,000 generations, only about 500 generations have lived in a civilization. In other words, .4% of our genetic lifeline has existed in civilization. When you analyze a world where electricity was a common factor, only .00319% of our genetic experience has come from a world connected by the luxury of technology. This rapid development of tech has launched the comfort of living through the roof. Due to technology, many people have access to learn about any subject on demand, and they even have the opportunity to create a living without a specialized business degree. Internet has only been accessible across the lifeline of a few generations, which means that our old ways of learning new and foreign ideas is brand new to our powerful subconscious. When we learn something from the internet and try to apply, we naturally face "security nets" that were designed over hundreds of thousands of years.

Why do we adapt to tools, but not to patterns of behavior?

Throughout the history of humanity, people have shown a peculiar fascination with tools, inventions, and gadgets, but we've also seen major lash-back during attempts to impact behavioral patterns of civilization.

Almost everyone works, acquires food, lives in a home, and is a part of a community or family. People who don't connect to others share their own classification as a recluse, and other people who don't follow standard practices are considered as dangerous until they have proven to create an improvement in standard of living for others.

So what's going on, and why are humans so much quicker at adapting tools than they are at adapting their personality?

A Constantly Changing Environment

Humanity has adapted to constant changes inside of its environment throughout the course of history. Humans have had to adjust to brutal shifts in temperature, extreme weather conditions, constantly evolving predators, drastic changes in food supply and food sources, new tribes and rulers, and even the expansion of tribes. In order to combat this unpredictable flux in conditions, humans did two things.

1. They constantly used their environments to create tools and "technology".
2. They developed an uncontrollable sense of loyalty to their family and tribe.

In dangerous conditions, humans have worked together to adapt to their environment. Since the birth of humanity, every generation has faced new conditions and has had to adapt to new dangers. As a result, people began to group together to stay safe. Once together, these groups conquered their predators and prey, and thrived as a community. The study of the history of man has brought incredible insight into one major underlying fact about humans. While 125,000 generations has managed to quickly adapt to new conditions, humanity as a whole have always stuck together in groups.

How does this even relate to habit?

Why in the world does creating a habitual pattern have anything to do with history of our ancestors sticking together? To answer this, we have to dive into Maslow's Hierarchy of Needs. In the 1950s, Maslow brought his Hierarchy of Needs to the table, and the reception of this hierarchy has laid down the foundations of how our subconscious operates.

The two most basic needs of the hierarchy are broken down into the resources that are needed to keep us alive, and the necessity to keep ourselves safe. If you doubt the validity of this, all you have to do is TRY to eliminate food and water for a day, and then refrain from eating food for a second day. You'll certainly survive this endeavor if you choose to take it up. However, you'll find it virtually impossible to follow through.

Why?

Simply put, when our conscious minds try to intervene with our subconscious programming, it

immediately overrides the conscious mind in order to survive. A perfect example of the subconscious override happens when we try to change our diets. When our body is comfortable with the food we've eaten throughout a long period of time, it processes unconsciously as a stable condition for survival.

As we change what we put into our body, our subconscious automatically intervenes questioning whether or not the new food we are consuming is sustainable. As the subconscious inspects over the first couple of days of your diet, it discovers that you're consuming less calories. Therefore, it's declared as "life-threatening". In turn, the subconscious genetics of our ancestors kick in, and an immediate war against the conscious mind ensues.

The same things happen when we take up new habits on money. When life is comfortable, and the money distribution worked thousands of times, your subconscious mind declares life as valid. It can be argued that the same exact lash-back occurs when a frugal person begins to try to spend money than when a giving person tries to begin to save. After a period of time, your subconscious registers the redistribution of your money and declares that a change in budgeting will disrupt the current money balance that has proven to be safe.

Your subconscious is wired to think that this redistribution could result in a war with other people over your money, and as a result, could end in an untimely death.

Why?

Because, this means that changing your spending habits will disrupt the balance of the community that you have built over time.

This need to keep your community in good balance comes from the third tier of Maslow's Hierarchy. This tier takes into account humanities embedded needs to stay together in communities. It's just as unshakable as the first basic needs of humanity. This is because the subconscious registers a disruption of community in a negative fashion as a chance for rejection and dismissal of your current community.

As a result of a dismissal, you could put your safety, income, home, water, and food at jeopardy, and as a result, any challenge could leave you without a way to survive. That is unless you have a family and community to support you.

Humans are hard wired to groups almost just as much as they are to food, safety and shelter. And when you change a simple habit, you heavily disrupt your subconscious's hardware. This is why habits are treated like a disease by the subconscious and why most people find it impossible to successfully install a new habit the day they choose to make a good change inside of our lives.

Why Broken Community Patterns Are Considered Dangerous To The Subconscious

As previously stated, a disruption to the "comfy" balance of your environment can lead to death. This uncontrollable response is the result of trial and error from over one hundred thousand generations of man. Today, it seems pretty extreme when we hear about a leading North Korean official being executed for dozing off during a meeting, but our subconscious treats conscious intervention that stimulates the disruption of our environment as equally dangerous. This is why it's so difficult to break natural habits. Our operating system is hardwired to adapt to our

environment, and the change of our environment sparks an infinite factor of new dangers that could lead to our deaths. It may seem silly, but until you take your DNA seriously, you're not going to be able to break old habits and make new ones.

When we change our habits, we're declaring war on our subconscious security protocols. Sadly, this is a war we can not win. That's why only 9% of the population succeed in fulfilling their new year resolutions. And the people who do succeed tend to "accidentally" stumble upon the right conditions that their subconscious mind accepts.

This same "theory" makes the argument that a lack of discipline isn't your fault. Some people strike gold when the environment naturally allows them to stumble into good habits, and for them to change their habits to match ours is just as difficult as us trying to change our habits to match theirs.

So what's next?

Now that you feel like you've been dealt a terrible hand by the gods, it's time to take a nice deep breath and relax. You can still install habits that make your body a well oiled machine that automatically make the craziest luxuries are reality. All it takes is a new approach to making habits.

It's Impossible To Manipulate Your Subconscious Mind

You may have heard the tales of NLP allowing people to manipulate the subconscious. While the stories involved in this impeccable strategy are enticing, NLP actually works by communicating with the subconscious to override someone's conscious thinking. We'll be using this same type of "hack" when we install new habits, but we'll do it in the good old fashion way.

How To Communicate To Your Subconscious Mind

Now that we understand that it's impossible for us to form a new habit without help from the subconscious, it's time to get to work on a couple of ways we can have rational discussions about the new habits we're looking to form. This can be done in a shockingly high number of ways. However, there's one basic way that can help you if you're new to the subject of communicating through the subconscious language.

Working With Your Subconscious

People have long understood the power of the subconscious mind, but the power of the subconscious is rarely practiced as people try to make changes inside of their lives. The fact that the subconscious is like a super computer with skill sets that are considered godly to the conscious mind. This creates a situation where some people who are trying to kick their habits are just as likely to stop their heart from beating than they are to make a change.

Unfortunately, the conscious mind doesn't have the power to manipulate the subconscious. This makes us habitual machines bound to a specific destiny. Luckily, there is a way we can adjust the outlook that our subconscious has towards the conscious decisions we make to improve our lives. Without this bridge of communication, no person would be able to adjust our destiny. But through our conscious observations, contemplation, and decision making, we can begin to communicate with our subconscious about the conditions we would like to establish inside of our lives.

If you're new to communicating with your subconscious, the initial results may prove to be a frustrating process. This can be fixed through spending a couple of minutes communicating with your subconscious every day throughout a couple of weeks. This may be difficult at first, but by spending some time with your communication, you'll build a path of communication that you can use for the rest of your life. Just like riding a bike and driving a car, this communication will become second nature.

Before long, you'll have a best friend with your subconscious. When the going gets tough, you can communicate issues, circumstances, and even unearth your biggest problems and unlock your greatest strengths. After you get to know how your subconscious works, you can make requests for major changes in your life. By listening to your subconscious and appeasing it's lengthy demands for safety, you'll find yourself capable of performing actions that you've been hoping to take for years. But how do we communicate with the ruler of our habits?

The 3 Languages of the Subconscious Mind.

Classical NLP documents declared that there are three major models in which people process the world around them. People process the world through pictures and movements, sounds, or touch and smell. The names of these models are respectively called, visual, auditory, and kinesthetic.

The Visual Model

People who tend to be more visual by nature cherish landscape, photography, and cinematography. They use space and color to fill out their ideas and bring them to life. In short, they use their "eyes" to perceive and process the world. They tell and process stories through the explanation of the mental pictures that visual people see inside of their imagination.

This style of learning has two sub-channels that bring the pictures to life.

Linguistic and spatial.

The linguistic visual learning style indicates that the best way for visual learners to process information is found through the stimulation that reading and writing produce. They easily remember what people write down and they only need to look at information a single time before they recall it.

The spatial visual learner struggles with written word. However, they have the uncanny ability to remember practical demonstrations, infographics, and videos.

In short, visual learners can be broken down into scholars and highly skilled laborers.

Visual learners have a tendency to use phrases like “*I see*“, “*looks great*“, “lets look at this from a different perspective”.

The Auditory Model

People who are mainly auditory love to learn through listening. They love stories by the fireside, cherish folklore, enjoy music, love peace and quiet, enjoy nature and tend to remember things that people share with them. This makes them naturally more social, because they can quickly process and react to language. Auditory learners tend to love service, management, and sales jobs.

Decisions are often made by the perceptions that sounds create, and they often repeat phrases until they are processed and stored inside of their memory.

People who are dominantly auditory like to use phrases like “I hear what you’re saying” “that sounds perfect!” and “sound fair?”.

The Kinesthetic Model

People who are dominantly kinesthetic live in a world where they respond to touch. They learn best through physically taking hold of a topic and tinkering with it. This model of learning also tends to be guided by their intuition, emotions, and even how their body is reacting to their current conditions. Kinesthetic people are very sensitive by nature and are considered to live life with their heart on their sleeve. They tend to use phrases like “I feel you”, “I have a great feeling about this one”, and “I’m feeling good”.

Identifying Your Dominant Subconscious Language Model.

People tend to quickly realize what model is most dominant in their personality. However, if you’re unsure, all you have to do is record a couple of conversations and listen to them to discover what type of model you’re dominant with.

If you’d like to, you can even combine two models to make a supercharged subconscious communication. What works best for me is a combination of all three in order to stimulate an “external” condition inside of my mind. However, the only important aspect of this section is to identify your dominant learning model so that you can communicate with your subconscious.

By having access to your subconscious, you’ll be able to converse with the possible outcomes that could occur by “unnaturally” changing your habitual patterns. This will allow you to align your subconscious to support your changes. After the subconscious jumps on board with a habit, it will become supportive and even intervene when you or your environment tries to pull you away from your habit.

Speaking To the Subconscious

Now that you understand how your subconscious mind processes and stores information, you can begin to start talking to your subconscious in the format that you're most dominant in.

Discover the habits you'd like to improve on.

The first step in identifying what habit you should change, it's important to run a scan of your life on a weekly basis. Start your quest by observing your automatic actions, and simply document your week like you would any other. Don't try to change your normal reactions to things, and do remember that these automatic actions exist whether or not you pay attention to them.

The first step to change is always going to be comprehension and awareness of your current circumstances. Remember that today is a new day. It's a beginning of a new era, and the end of the era in which you are observing. If you feel ashamed of these emotions as you're cruising through your week, it's actually beneficial to document them. These emotions you are experiencing are actually wildly important if you're serious about changing your habit. However, this isn't a masters program on habitual training. If you're not enjoying the thought of devoting an entire week to observation, you can simply do a quick scan of the things in life you wish you could improve. Spend 20 minutes writing nonstop about what your daily life, and at the same time, mix in those things that you would like to have inside of your life. This isn't the most effective strategy to use. However, from personal observation, it is the most time friendly option that will any yield substantial results.

Now scan your habits and look for a single habit that will make a huge impact inside of your life. For example, if you're kinesthetic by nature, getting fit would address confidence, stress, self-worth, and ability to love.

Tuning Your Brain To Alpha

Now that we understand that most of behavior patterns are a result of human conditioning, we can start talking to our subconscious with the framework of improving our lives through new, practical, and safe habits.

Our minds are naturally busy. In order to put your mind into the correct condition, you need to tune your brain into the alpha state. This can be done by plugging in headphones and listening to an alpha meditation track or video.

You can also use this perfect guide to get yourself into state.

<http://www.wikihow.com/Enter-Alpha-State-of-Mind>

The minimum time taken to get your mind into this state can be mostly done by simply by counting backwards from 100 to 1 with every number being counted at about a two second interval. However, the Silva Method requires 10 days straight of practice to fulfill this destination.

Begin Talking To Your Subconscious

Now that you're in a calm but clear state of mind, you can speak to your subconscious. Do this by saying "subconscious, I need to talk to you." This should spark a response. If not, it's fine as well. If attention isn't grasped, all that's needed is a little bit of practice.

Begin asking questions to your subconscious. It's important to ensure that you begin every conversation with yes or no answers. You can frame these questions inside of your dominant learning style. For example: If you're looking to be fit, you can:

VISUAL: visualize yourself with your perfect body

AUDITORY: simply ask your subconscious if you have permission to attain the body and then include the resources necessary.

KINESTHETIC: You can imagine yourself living with a perfect body. Touch yourself and look at your posture, movements, and emotional states.

Then simply ask a verbal question like "do I have permission to do this?"

Generate a series of questions using your framework to include:

1. The food you need to consume.
2. The food you need to stop eating.
3. The time invested.
4. The energy invested.
5. How sore you will be during the process.
6. The emotions you'll be feeling when you go to the gym.
7. The emotions you'll be feeling as you get your but whipped from being out of shape.

ETC.

You should generate a total of 20 yes or no questions for your subconscious mind to process and simply respond to.

Looking For Subconscious Cues:

Based on your dominant learning model, the responses from your subconscious can vary in different ways.

Visual:

If you have a mostly visual process, look at any pictures or imaginary experiences to pop up inside of your head as you ask the yes or no questions. Document them and then ask your subconscious, "were you trying to tell me..?" Get the feedback and fine tune your response until your subconscious mind confirms that this is exactly what it was communicating.

Auditory:

Auditory responses will likely come in some form of sound. These can be subtle humming all the way to loud sirens. As an auditory dominant, it's important to decode these sounds and to ask "were you trying to tell me...?" Pay attention to the meaning of sounds your subconscious generates so you can begin to speak to your subconscious through this language. If you're

receiving noise, it's your job to learn the language. You won't be able to successfully address your habitual patterns otherwise.

Kinesthetic:

Kinesthetic learners tend to experience physical reactions inside of their body as responses to questions. This can include emotions, itchiness, twitches and adjustment of heartbeat. By monitoring these reactions, you'll be able to start decoding what your subconscious mind is trying to tell you.

Generally the more intense the physical sensation, the greater support or agreement there is to the question that you have asked.

You can also receive responses in the form of all three language dialects at the same time so be on alert for all three versions in your responses.

***WHEN YOU FIRST BEGIN THIS PROCESS, YOU'LL LIKELY SHIFT OUT OF ALPHA STATE BEFORE YOU FINISH. JUST LIKE EVERYTHING ELSE IN LIFE, THIS WILL ADJUST WITH SOME PRACTICE.**

***IT MAY TAKE A SUBSTANCIAL AMOUNT OF THESE SESSIONS TO START UNDERSTANDING THE PROCESS. PLEASE REMEMBER THAT THE MORE OUT OF SYNC YOU ARE WITH YOUR SUBCONSCIOUS, THE LONGER IT WILL TAKE TO BUILD A COMMUNICATION CHANNEL. HOWEVER, THE MORE OUT OF TOUCH YOU ARE WITH YOUR SUBCONSCIOUS, THE LESS LIKELY YOU ARE TO SUCCEED WHEN CHANGING THE HABITS THAT ARE RULED BY THE SUBCONSCIOUS (in other words all of them).**

Dynamically Talking To Your Subconscious.

After you receive and translate your first series of yes and no answers, you first can begin diving into other questions that you have unearthed through the first questions.

For example, if you ask your subconscious if you can cut out sugar from your diet, it may say no. As a follow up question, you can ask, "when I crave chocolate, can I substitute those delicious brownies with organic cocoa brownies?" or "what if I eat natural popcorn instead of chips?."

Once you get the hang of speaking to your subconscious through simple yes and no questions, you'll be able to help your subconscious understand that the goal you are trying to establish is a major priority inside of your life. It will begin giving you information you can use and will start guiding you into more dynamic pictures, sounds and sensations.

When you feel like you have a wonderful communication channel with your subconscious, you can begin asking more dynamic questions like "what's creating your fear?", "why can't I.." or "what's happening with..." , etc.

You'll then begin to decode and understand the underlying roots of subconscious behavioral patterns. You'll realize that the main intention of every subconscious reaction is to help and

protect you. Its goal is incredibly positive.

By discovering these emotions, you can then present specific solutions to the table that will allow you to solve even the most dynamic processes of the subconscious.

NOTE: THIS PROCESS DOES TAKE A WHILE TO GO THROUGH. THERE CURRENTLY IS NO TIME FRAME TO PROPERLY ADDRESS DYNAMIC RESPONSES WITH YOUR SUBCONSCIOUS.

HOWEVER, THE BASIC FORMULA FOR THIS STRATEGY IS SIMPLE. DISCOVER YOUR NOS, AND PRESENT YES OR NO QUESTIONS TO CONVINCING YOUR SUBCONSCIOUS TO TRANSFORM THEM INTO YESES.

Taking Your Communication To The Next Level

It's probably going to take a while. However, after you develop the ability to have a fluent conversation with your subconscious, you can take your conversations to the next level.

When your conscious mind presents a goal to the subconscious, the subconscious runs a series of possible outcomes that could occur while you are pursuing your goal.

After it runs about a million circumstances through its super brain, it declares that there's a possible circumstance.

For example, it may believe that if you choose to get fit, you'll meet an incredible partner that makes you feel special. However, this person creates this same experience with multiple partners, and your heart gets miserably broken. This then catapults you into a spiraling depression where you lose your job, disconnect from your friends and family, and ultimately run out of food and water where you die alone.

Sounds crazy, but in the terms of the survival of 125,000 of your ancestors, the possibility of this circumstance occurring inside of the wild is very likely.

Luckily for us, our subconscious may be stubborn, but it is extremely rational if you sit down and communicate. You can talk to your subconscious to set up security measures to ensure that you keep your heart safe when you get fit.

This is a very dynamic process, so it's important for you to develop a powerful communication fluency with your subconscious before you embark on this journey. It will give you incredible insights to your habitual patterns, and it will even allow you to develop a new sense of life at every level you address with your subconscious. Remember, that your subconscious is truly there to help you survive. You may get extremely frustrated giving into the demands the subconscious needs in order to support your new endeavors, but once your subconscious backs the conditions you set, there's practically nothing that can stop the goals you have as you create your new habits.

Over time, you'll get to know your subconscious well and it will become your best friend while you manage the infinite possibilities that could occur throughout your life. You'll begin to develop a major understanding of the conditions you need to set inside of your life to securely live in luxury.

And the best part about the results that are generated through working with the subconscious will

last indefinitely if you dedicate substantial attention into the process.

What To Do If You're Struggling With Your Communication Channel:

Sometimes, it may feel absolutely impossible to communicate with your subconscious. In order to overcome this challenge, there's a simple strategy we can use. They can be done through a series of sentence completion exercises.

This method is simple and effective if you're trying to channel subconscious communication over a few weeks. Even if you're struggling, they're a simple tool that will allow us to develop an impact with our subconscious in effective ways. Sentence completion brings an entirely new communication style to the table. By using this method, you'll unlock more understanding around your desired habits, and you'll be able to analyze the beliefs you have stored inside of your subconscious.

Here's how it works:

Write down the beginning of a sentence, or the end of a sentence a dozen times.

For example, "Living fit requires.." is a nice beginning to the sentence. A nice end to a sentence would be "creates a fit life".

After you have your main phrase set up, it will become the stem to your sentence. Choose your stems wisely, because you'll be addressing the same stem for 14 consecutive days.

Sentence completion has two conditions that have to be met if you're looking to access your subconscious mind.

The first condition is that you complete all 12 sentence as fast as possible. Ensure that your pen never stops moving and that you write down the answers as fast as possible. Coherence is secondary to the communication channel you're developing. The second condition is that every completed sentence needs to be unique. If you use these two simple strategies, you'll be well on your way to opening up a communication channel with your subconscious mind. After you finish your exercise, store your results in a place you can access them after you've completed two weeks worth of exercises.

After you complete this exercise for 14 days, it's time to look at your results. You'll find that you'll have repeated sentences throughout a couple of weeks; and after scanning your results, you'll discover underlying themes across your sentences.

Your goal will be to find 5 underlying themes inside of your results that you can address!

It's important to remember that the first couple of days, your conscious mind will be responding, but after a little bit of time, you'll see your subconscious starts kicking out ideas that you could have disregarded or never contemplated.

Now that you've discovered some main themes, once again work with your subconscious to develop a strategy to overcome your habits by creating a new stem to your exercise.

"While working with my subconscious, I can get fit through habit by..."

This will give you great insight into patterns of actions that you can take to install your habits.

After you practice this for a week, you can spend 5 days starting a sentence stem “The actions required to get my subconscious support towards being fit are...”.

The results are incredible in terms of effectiveness. A lot of people who are trying to help you achieve your goals will give you suggestions on how to succeed. However, there’s no substitution for matching the conditions that will allow your subconscious to accept and support your new habit.

You’ll begin to discover the conditions that may block you from succeeding in creating a new habit, and you’ll be able to proactively work around your life without creating any “environmental turbulence” that your subconscious will immediately reject. Remember that moving forward, any rejection from the subconscious will create an immediate halt of progress inside of your habits before they become automatic.

Managing Your Daily Subconscious Reactions:

By managing your subconscious reactions, you’ll be able to develop a powerful sense of the conditions that your subconscious would like to set for your habits. This will allow you to create a powerful impact on the production you’re looking to acquire. You’ll find that you have some irrational beliefs in your subconscious. When you encounter these, it’s time to talk to your subconscious about these circumstances and to resolve the safety issues that the subconscious has towards your new habits.

This will take a while to accomplish, but once you have officially solved key issues, you’ll have friction free habit patterns!

How To Make New Behaviors Last For Good

Do you have any new or old habits you're trying to change for good? Thankfully, we're able to tap into our hard-wired brains and change our lives. Making new habits or breaking old ones is something that will be challenging, but if you're determined to change them there is nothing you can't do. In the workplace and in our lives, we're just a little more than our habits. Who we are and what we succeed in depends on our routines and behaviors that we do with barely any thought. It's a common belief that our brain is the ruler of observation, and that it bases its actions around responses from our environment. When making these choices, the conscious mind isn't consulted in the subconscious verdicts.

Habits are the equivalent of software that run constantly throughout our subconscious. Our brains want to work as efficiently as possible, it will quickly transform as many behaviors and tasks as possible into habits so that we're able to do them without thinking. This gives your brain more power to take on new challenges easier. In general, this method of our minds leads to great benefits. Sometimes it can seem nearly impossible to break or start new habits when we're not aware of what's happening inside of our unconscious.

Charles Duhigg is responsible for diving very deep into the science of habitual behavior patterns. His book, *The Power of Habit*, has made leaps in bounds when it comes to applying habit making.

How Habits Are Formed

When we first start a new task, our brains are working hard and processing new information as we figure out what to do. Once we understand how a task works, the behavior is automatic and the mental activity that was used to complete the task decreases dramatically.

Think about the first time you drove or when you started cooking for yourself. Now compare that to the amount of mental effort you're exerting doing those activities now. Duhigg believes that the processing that allows our subconscious mind to automatically complete actions is called chunking and can be broken down into hundreds of dynamic auto-actions that occur without conscious effort.

How Habit Loops Work

Habits have the consistence of a simple, but powerful three step loop. First there will be a cue, a trigger that will tell your brain to go into automatic mode and which habit it should use. Then there is the routine, this can be a mental, physical or emotional. Lastly, there's the reward, this helps your brain find out if this kind of loop is worth to remember for future use. Over time, this loop becomes more automatic. The cue and reward will intertwine until the strong sense of cravings and anticipation arise.

The first rule to remember of habit changing is that you'll have to play by the rules. You won't be able to escape the three step loop (cue, routine, reward) for the reason that it's hard-wired into our brains.

If you're wanting to get rid of a bad habit, you'll need to find a healthier routine to have the same reward. As an example, let's say you like to go out with co-workers after a long day and have a couple of drinks. With this situation there are two rewards. The first one is socializing, and the second is the relaxing effects that alcohol causes to your nervous system. Both of those rewards

are necessary and valid. If someone wants to remove drinking from their life, but don't replace it with some else, they'll most likely be unhappy. The trick will be to keep the cue (being tired after a long day) and also the rewards (relaxation, social time) while altering the routine (drinking).

A different routine could be to ask a friend or co-worker to exercise with you after work, yoga, dancing, running, something that will work for you and what you'll enjoy. You'll then have a healthy routine (exercise) that will replace the negative routine (drinking) while keeping the rewards the same (relaxation, social time).

Make sure to remember that if you're wanting to cleanse yourself of a bad habit, you have to find how to implement a routine that is healthier that has the same reward. When you're trying out a new routine, don't be scared to dwell on the rewards. Duhigg is an avid fan of using immediate gratification. If you successfully accomplish your daily goals, you'll be one step closer to making your lifestyle goals automatic. So why not reward yourself. Make sure that your rewards are small and manageable, however, make sure they are big enough to push you through the natural urges to skip your workout.

But of course, it's not exactly that easy. We're aware that making new habits is challenging. Even though you're telling your brain about the reward, it doesn't mean that the habit will stick. It will really only stick when you have enough repetition for your brain to actually crave the reward you set up.

Several studies have showed that a cue and reward, just on their own, won't be enough for new habits to last. Not only when your brain begins to expect the reward, but when it starts craving the sense of accomplishment and endorphins will it start to want the new habit. The cue with the addition to triggering the routine, have to also trigger the craving for the rewards that are coming. This will be powerful, but it won't solve everything when it comes to making habits stick. We've all had a new habit that would go for a month or two, but they can be compromised when we experience and fall into extreme stress. If we're permanently trying to replace our habits, we have to be patient, calm, and believe that we can conquer the rough patches that naturally occur as we go through making new habits. The power of belief is a common practice in self-help, and it landing in the spotlight is well justified. Once people learn how to have faith in something, that skill would start to spill over other portions of their lives until they would start to believe they could change on a deeper level. Having a belief changes the habit loop into being a behavior that's permanent, rather than a temporary disruption.

People that create belief and accountability, have access to an important ingredient to help stick with new habits. In other words, if one of the habits you want is to write more then try consider joining a writing group. Maybe you're wanting to run more. You can consider joining a running club. The more positive reinforcement you surround yourself with, the less challenging it will be to make difficult changes.

What causes bad habits?

The root to most of your bad habits is caused by two things: **boredom and stress**.

Bad habits most of the time are a simple way to deal with boredom and stress. Anything from biting your nails to spending too much on a shopping spree. It could even be wasting a lot of

time on the internet or drinking every weekend. But it doesn't always have to be that way. If you're able to teach yourself healthy and new ways to deal with boredom and stress, you have the amazing opportunity to substitute the majority of your bad habits.

Sometimes, boredom or stress that makes its way to our consciousness can actually be caused by deeper issues. These kind of issues can be hard to think about, but if you're really committing to changing then you really should be honest with yourself. Is there any kind of reasons or beliefs that are behind this bad habit? Or maybe is there something deeper like an event, fear of limiting belief that's effecting you to not let go of something that's unhealthy for you?

Finding out the root of your bad habits will be important so you can overcome them. You're not eliminating a bad habit, you're just substituting a new way to address your circumstances towards the same area of life. There's a reason that all of your bad or good habits are a part of your life. In some form of way these behaviors are providing a benefit to you, even if they could be bad for you. Some of the benefits could be biological like when someone smokes cigarettes or does drugs. It could even be emotional like when someone stays in a relationship that's bad for them. In some cases, a bad habit can be a way to cope with stress. For instance clenching your jaw or pulling your hair could be a way to deal with stress or any negative feeling.

These kind of "benefits" or reasons could extend to a smaller habit into other areas of our life, and whether our habits are positive or negative is up to you.

For instance, if as soon as you turn on your computer to open your email box right away to make you feel connected will cause you to disconnect. This is dividing your attention, destroying your productivity, and could overwhelm you with stress. But this action can prevent you from feeling like you're "missing out" so you do it over and over again, multiple times a day. Instead of just trying to eliminate this "bad" habit, you need to replace it. Bad habits provide some type of benefit in your life, which makes it impossible to simply eliminate through thought. This is the reason why advice like "just stop doing it" will rarely succeed. If you don't want to fail, you should instead replace the bad habit with a new habit that will provide a similar benefit.

For example, if when you're stressed you turn to smoking a cigarette, then it will be a bad idea to "just stop smoking". You should come up with an alternative way to deal with your stress instead of choosing to smoke a cigarette.

But in reality bad habits address specific needs in your daily life. For that reason, it would be better to replace your bad habit with something that's healthier and will address the same need. If you're expecting to cut out the bad habits without replacing them, this will cause certain needs to be unmet and it will be hard to stick to a routine and not just do it for a long time.

How you can break a bad habit

Below are practical applications to the ideas presented above. They will help you in breaking your bad habits and thinking about this process in a new light.

Decide what substitute you will do to replace your bad habit.

You'll need to make a plan ahead of time for how you're going to respond when you face boredom and stress that will prompt your bad habit. What will you plan to do when you're having the urge to smoke? An option could be doing a breathing exercise instead. What will you do when Facebook is calling your name to cause procrastination? An option for that could be to write some sentences for work. What your bad habit is and whatever you're dealing with, you will need a plan for what you'll do instead of the bad habit.

Cut out as many triggers as you can.

If you have a cigarette when you drink with friends, then don't go to the bar. If you have to eat one or more cookies when they are in the house, then toss them in the trash. If your natural action when you sit on the couch is to grab the remote, then move it to a different room and hide it. Don't give yourself the temptations, and make it easier on yourself to break the bad habits. Avoid the things that will cause your brain to be reminded of that bad habit and crave the reward it views your getting from it. At the moment, your environment will make your bad habits more tempting and good habits less tempting. If you change the environment around you, you can change the outcome.

During our day to day lives, habits can often be difficult to build, there are many distractions that can stray us and put us to the path of going right back to the old habit. To help alleviate some of those issues we can research motivation, habit building, discipline and break down the findings into steps that can aspire habit building into place.

Break down your habits into bite sized goals.

It's believed that people are motivated to take action when they attempt to make major changes inside of their lives. Having dreams that inspire you are very important if you'd like to make a big change. If you're trying to be more organized, envision a perfectly clean home and office. If you're looking to make more money, think about the luxuries you can bring into your life. When we change habits, we have to combat our environment, however, we also have to win the battle of benefits.

We can do this by setting up a major goal, but we must also combine that with smaller and more practical goals. If you break your life down into goals that can be completed on a daily basis, we'll be able to build a profitable "habitual structure" inside of our lives. We'll be able to combine our dreams with direct actions that can be accomplished daily.

Make behavior chains

Making habits that stick will be much easier when you make use of your current routines, instead of trying to fight with them. Behavioral chains can be incredibly beneficial if we learn exactly what triggers our actions. For example, if we get home from work, our trigger might simply be changing out of your work clothes. After you're changed, you automatically trigger a behavioral chain that sets up your next series of actions.

By identifying where behavior chains start and through hijacking them, we can make major habitual changes through far less work. Or you can identify a point in your behavioral chain that you can add on to. For example, if you watch a movie every night, and you wanted to start reading more, you can add in a reading behavioral chain right after you finish watching a movie. That way, you can implement reading as a part of your entertainment behavioral chain and embed reading inside of your life.

For example, instead of telling yourself "My house will be cleaner" you could instead say that "When I get home, I'll change clothes and then clean one of the rooms in my house". Several studies can confirm that this is a successful method and you should rely on contextual cues over just willpower. So if you're deciding that you want to eat healthier you should say to yourself "When I have lunch, I will only have vegetables and meat".

Eliminate the excessive options

In major studies on will-power, excessive options can lead to troubling times. Steve Jobs and Barack Obama practice the routine of wearing the same exact clothes every day. As humans, having too many options creates a "pondering effect". We begin analyzing before we take action,

and get stuck in the decision making stages.

By limiting yourself to very few options, you'll be able to take more control over your life.

You'll be able to start executing rather than wondering what course of action to take.

Because the truth is that habit making is done through daily actions. By enforcing taking action on the habit that you'd like to build, you're making it automatic. However, the contemplation of a habit will lead to its death.

Process the action you want to take but do not fantasize it.

The step that several people tend to skip is when they fantasize about creating specific habit is they don't clearly answer why they're making the change in the first place. This can seem like a small detail, but it can impact your motivation over time. Several studies have shown that excessive fantasizing about the end result can be detrimental to a new habit sticking.

UCLA recently brought into light that people who practiced visualization, showed improved consistency. In other words, if you visualize yourself taking action at the beginning of a behavioral change, you'll be far more likely to continue the routine that stick permanently. By putting themselves in the right circumstances, people who use visualization as a tool tend to have an increased ability to implement their plans while eliminating excess stress that occurs while we change our habits.

Resisting habitual urges

When you first start forming a new habit they are fragile, and for this reason we have to eliminate any kind of friction that might lead us back to that habit. Your brain will want to go back to those habits because they've already been hard-wired into your brain. To make things easier for you, (even if it's not good for you) your brain will want to go back to that old habit. So if you find yourself in circumstances where you're wanting to give up and say "screw it", get the temptation out of your environment. This will help you ensure that you have successful in kicking that bad habit.

Another solution is examining your habit and figuring out exactly where things are falling apart. As an example, if you're wanting to start going to the gym more but still find yourself sitting at home. Maybe sitting on your couch is a lot easier than getting up and going to the gym. Try putting out your gym clothes the night before and place them on the couch. Your gym clothes will be sitting right in front of you, so there will be no choice but to put them on and go to the gym.

You can also try giving yourself an "if-then" scenario when you find the culprit. For example, if you're wanting to play guitar after work but being tired is stopping you from playing, you could try telling yourself "If I'm tired after work, I'll take a short nap and listen to music to get myself motivated to play". Giving yourself an "If-then" scenario you'll be able to find a solution to still push yourself to do that new habit.

Throughout our day-to-day lives, habits are tough to build, there are distractions that can lead us off track and right back to the old ways. To get rid of those troubles you can read articles about discipline and motivation. Find a video that gets you pumped up, or give yourself some positive self talk.

Try and join forces with someone.

Have you tried dieting with privacy? Or have you tried to quit smoking and not tell anyone so that no one would know if you failed? To keep accountability you should try and pair up with someone who will join you in your journey to breaking that bad habit or starting a new one.

When you know someone is expecting you to be better it can act as a powerful motivator.

Have your environment be surrounded with people who are living the way you want to live.

You won't have to ditch any of your old friends, unless they're a bad influence. But don't underestimate the power of getting some new ones. If you don't know exactly where you should start, then try joining a Superhuman Meet-up.

See yourself succeeding, and visualize it.

See yourself going to the gym, throwing away the cigarettes or buying healthier food. Whatever bad habit you're trying to break, see yourself destroying it, smiling, and enjoying the success. Visualize yourself making a new identity.

You will have no need to be someone else, you're just returning to the person you were before the bad habit.

People often think that when they break their bad habit that they become a new person completely. The reality is that you already have it inside you to be someone without that bad habit. In fact, it's not likely that you've had any bad habit all of your life. In other words, you don't need to quit smoking, you just need to go back to being a non smoker. You don't need to change into a healthy person, you just need to go back to being healthy. Even if you got rid of the bad habit years ago, you've already survived without it once, which means you can accomplish that again.

Utilize the word "but" to help you overcome any negative self talk.

When your battling bad habits it will be easy to judge yourself for not doing as good as you want. When you slip up or make a mistake, it's real easy to talk yourself down.

When that happens, finish the what your saying to yourself with a "but".

- "I'm overweight and out of shape, **but** in a couple of months I'll be more fit"
- "I'm not very smart and no one respects me, **but** I'm trying working to develop a skill that's valuable."
- "I'm failing right now, **but** everyone fails sometimes."

Play to fail.

We all are capable of failing sometimes. This makes us human. So instead of beating yourself up over a mistake you made, plan for it. We all have the tendency to get off track, but what will separate top performers from others is that they quickly get back on track after they fail.

Where to go

The first step you should take while breaking your bad habits is staying aware.

It can be easy to get caught up in the emotions of how you feel about your bad habits. You have the ability to make yourself feel guilty or spend time during your day dreaming about how you would like things to do. These kind of thoughts will take you away from what's really happening.

Being aware will show you how to make the change.

- When does that bad habit happen?
- How much do you do it during your day?
- Where are you when it happens?
- Who are you with when it happens?

- What triggers the habit and cause it to begin?

Tracking those issues are going to make you more aware of the habit and give you endless ideas for stopping it. A simple way to start will be to track how many times during your bad habit occurs. Carry around with you a pen and piece of paper. Every time your bad habit occurs, mark it down on the piece of paper. When you're finished with your day, see how many tally marks you have.

When you're first starting out your goal will be not to judge yourself or feeling guilty. Your only goal will be to have awareness when it occurs and how frequently its happening. You'll be able to wrap your head around the problem by being aware. After you are aware, you can start to use these skills to break your bad habit.

Breaking your bad habits will take time and effort, but most of all it is going to take perseverance. When people are breaking their bad habits it can take numerous fails before they make it work. You might not be successful right away, but that won't mean that you can't have it at all.