



# THE 5 TOP TIPS FOR

## ELIMINATING A BAD HABIT



# ONE STEP AT A TIME

Trying to take on too much at once is a recipe for disaster. Taking on eliminating ONE bad habit at a time is the best way to ensure it stays off for good. You must know that you can never fully get rid of a bad habit but you can certainly replace it with strong behaviours so that it never rears its ugly head

Yes, I have completed this

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# MAKE IT INVISIBLE

Out of sight out of mind. If you have a look at your current bad habits you will notice they are either right in front of you or in your eye line such as alcohol in the fridge. If you can move your problem areas out of sight by hiding them better or not buying it in the first place you have more chance of sticking to your guns.

Yes, I have completed this

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# MAKE IT UNATTRACTIVE

Give one of these a try:

- 1) If you struggle to get off the evening booze then book a fitness class for early the next morning where you have to pay a fee even if you miss it
- 2) Or you could surround yourself with a group of healthy people who you want to be more aligned with that find your bad habit unattractive so you avoid it to fit in

Yes, I have completed this

# MAKE IT DIFFICULT

As humans we avoid anything that causes any form of discomfort. So by adding multiple layers to access your bad habit will leave you with a chance to eliminate it for good.

For example if you can't get off your phone then put it in a locked drawer in another room so you're not tempted for a quick scroll.

Yes, I have completed this

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# MAKE IT UNSATISFYING

There was a story of a politician who was trying to eliminate a bad habit and he asked all of his friends and colleagues for accountability.

To do this he told them that if he broke the habit he would give \$1,000 dollars to the opposing Political party every time he broke it.

Safe to say he didn't break the habit 😊

Yes, I have completed this

# YOU NEVER FAIL UNTIL YOU STOP TRYING

This saying has stuck with me since the age of 13! How true is it? you can only fail if you quit. Yes, the last trainer or diet trend didn't work for you but if you think about it I bet you learnt a lot.

Don't look for an excuse, find a solution. if you can't find one then reach out for some help

Yes, I have completed this



## WANT TO TAKE THINGS TO THE NEXT LEVEL?

As a reward for downloading this checklist, I'm giving you the opportunity to jump on a 1:1 strategy call where I can provide a roadmap for you to finally achieve [something] without having to sacrifice [something]. Sound good? Click the link below to access my online scheduler.

[Book Strategy Call](#)

