



# HABITS

Building good habits  
and making them stick.

## COURSE DESCRIPTION

Habits. We all have them. Both good and bad.

This course is highly-customized to get more out of life. Humans are creatures of habit. What we sometimes forget is that habits are learned behaviors that we can always change. Although behavior change is difficult, it's all up to us. We can change behavior, learn new habits and start fresh.

## WHAT YOU WILL LEARN

### THE HABIT LOOP

Our brain can't tell which habits are good and which habits are bad. All habits are learned activities, so even the most difficult ones can be changed. The habit loop consists of three elements: cue, routine and reward. This course covers how to break down the habit loop and learn that we cannot be blind to the existence of habits.

### FINDING WHAT TRIGGERS YOU

Throughout this course, learners will begin to see success levels in forming new habits, so they do not have to constantly think about what decisions they should or should not make. This course covers how to find the triggers one should use as reminders to ultimately benefit them and change routine.

### KEYSTONE HABITS

The goal is to develop your keystone habit. Remember, a keystone is the stone that locks things in place. And a keystone in an arch, is the strongest stone that holds all the other stones in place, allowing the arch to exist. This course covers how important keystone habits are in a professional and personal life.

### BRAIN CRAVES

The average person today receives the equivalent of 174 newspapers every day. We are bombarded with information and distractions more than ever. Brain cravings do exist and they do drive habits. We will learn about what brain craves are and how to better prepare for them.

### YOU ARE WHAT YOU EAT

The common phrase "You are what you eat", essentially means what you have on your plate is about to be a



part of you. Learners will see how this phrase can relate to more than just a healthy lifestyle. It can be applied to all aspects of your life.

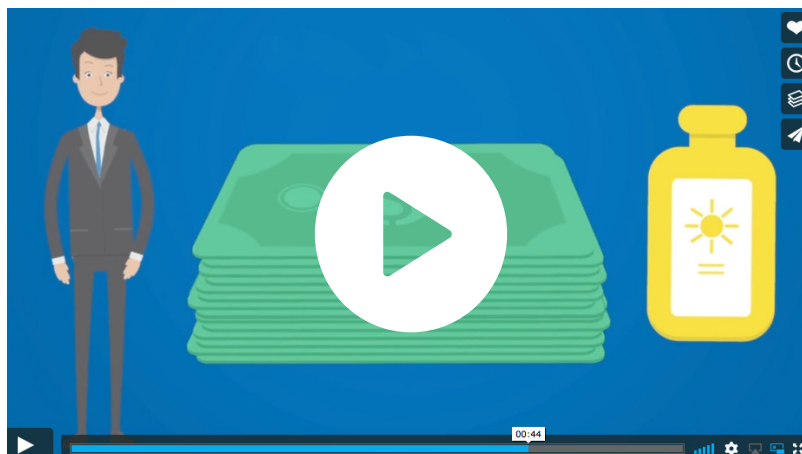
## WHO SHOULD TAKE THIS COURSE:

This course is designed for anyone and everyone to take. No matter your title, this course can be beneficial to your professional and personal lives. Sales professionals, managers, kids and family members would benefit from learning about changing behavior, learning new habits and starting fresh.

## VIDEO SAMPLES



Changing habits can help you achieve more



Cravings drive habits