

HOW TO BREAK YOUR UNHEALTHY HABITS

AVOID MAKING THESE 5 MISTAKES



The Wellness Edge
AUSTRALIA



AVOID MAKING THESE 5 MISTAKES

Some of the most useful information to learn when wanting to create healthier habits is understanding what NOT to do!

This PDF is designed to coach you through the five mistakes most people make when wanting to create permanent positive change...and how to make sure you don't make them too!

Research shows that 95% of the thoughts, feelings and actions you do every day are habitual. What does this mean for you?

To put it simply, if you want to truly transform, you need to change on a deeper level...you need to transform your deeply ingrained habits.

Before you go any further...I'd like you to choose one habit that you'd like to break once and for all.

When you work through the questions, just focus on answering them in relation to the one habit you've chosen.

I hope you enjoy these insights into what NOT to do...so you can start creating more of the health, happiness and success you want.

Let's get into it!





MISTAKE #1 - BELIEVING WILLPOWER IS ALL YOU NEED

For sustainable change to occur... you first need to understand **WILLPOWER**



Willpower is affected by emotional and physical factors. The problem is...willpower is like a muscle and it will get fatigued if you overuse it. You only have a certain amount of willpower each day.

The more you restrict what your body needs (eg. calorie restriction diet), the more willpower you use up...until there is none left. And we know what happens then...



MISTAKE #1 - BELIEVING WILLPOWER IS ALL YOU NEED

Let's go through an example:

You've started on yet another diet.

You're restricting your calorie intake, not drinking alcohol, not eating carbs, not drinking coffee and cut out ALL sugar. (Maybe this sounds familiar?)

So...it seems to be going pretty well...and you've lost 5 kg really quickly! Score!

Then one day when you're feeling really stressed or even just hungry and that banana muffin or that bottle of beer seems to be calling to you..."eat me"..."drink me"!

You resist for a while and even have some healthy carrot sticks and water to distract you. But eventually it all gets too much and you crumble. Then instead of only having one muffin, you eat three and instead of only having one beer, you drink the 6 pack.

Sound familiar?

That's because willpower alone can only work in the short term...it's not a long-term, sustainable strategy to change your health habits.

So, what's the solution?



MISTAKE #1 - BELIEVING WILLPOWER IS ALL YOU NEED

Instead of depriving your body...learn to listen to it. Your body has an innate intelligence...it knows what it needs. (Well it used to, before you started to override the messages.)

One strategy to help you decrease your craving for the highly processed food or drinks you usually cave for is to eat enough nutritious whole foods.

BREAKTHROUGH QUESTIONS

1. What are you feeling at the moment you want to give into temptation? Is disguising that feeling by eating food, drinking alcohol, watching TV, going on Facebook or 'retail therapy' really going to help in the long run?
2. When it comes to drinking alcohol...take note of how you're feeling before you have a drink. Is there something else driving your behaviour?
3. When you're eating, are you consciously eating? Or do you mindlessly shove food in your mouth and rush through it?

Answering these questions is a fundamental step in the process... it's really important for making sure change is permanent.





MISTAKE #2 - STOPPING OLD PATTERNS BUT NOT CREATING NEW ONES

It's not a matter of just stopping your unhealthy habits...you need to REPLACE them with healthy habits.



The classic example is when people stop smoking. This habit can be hard to kick for a variety of reasons.

I generally see 1 of 3 things happen:

1. People quit for a while but eventually start smoking again

OR

2. Smoking is replaced with overeating. This then becomes the new unhealthy habit



MISTAKE #2 - STOPPING OLD PATTERNS BUT NOT CREATING NEW ONES

OR

3. People quit smoking and replace it with a healthy habit like cycling, walking, reading, meditation...the list is endless.

One of the reasons people start smoking again is because they haven't consciously chosen to replace it with a new habit...a habit that will allow them to create a higher level of health and happiness.

BREAKTHROUGH QUESTIONS

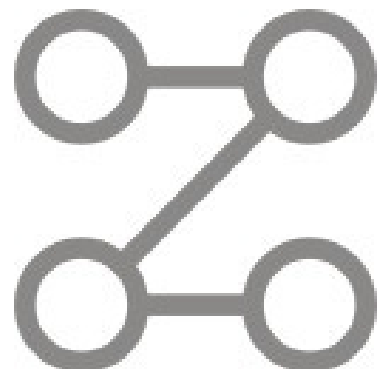
1. What habit would you like to break?
2. What is the new, healthy habit you're going to replace it with?

Find something you enjoy...something fun.

To help you progress and stay motivated you need to take consistent action...

3. What is the very next, smallest action you can take?

**I'd love to hear what you come up with!
So be sure to send your answers through
to jen@wellnessedge.com.au**





MISTAKE #3 - NO GOOD REASONS TO CHANGE

Anyone can change a habit...the hard part is changing it **FOR GOOD!**



Research shows that if you don't have good enough reasons why you want to/need to change...you're going to fail.

There could be many reasons why this happens...including something I've seen many times...your reasons to change are not your own...someone else said you should or you want to please others.

Unfortunately, you're on a slippery slope and very quickly you're likely to slip back into your old ways.



MISTAKE #3 - NO GOOD REASONS TO CHANGE

Here's an interesting fact for you...50% of the contestants on the American version of the TV show The Biggest Loser put the weight back on. After all of the challenges they tackled on that show...they still slipped back into their old habits.

If you'd like to hear more - [click here](#) to watch this eye opening interview with Dr Mondo who worked with contestants on the show.

So, you may be asking...how do I make changes stick?

I've tried to change my habits in the past in an attempt to please others. But, all this did was set me up for failure and I don't want you to suffer the same fate.

BREAKTHROUGH QUESTIONS

You can avoid this disappointment and frustration by asking WHY:

- 1. WHY is it important for me to break this habit?**
- 2. WHY do I need to change this now?**





MISTAKE #4 - NOT UNDERSTANDING YOUR TRIGGERS

Are you **AWARE** of the things that are influencing your bad habits?



There are many different things that can trigger you to repeat your behaviour enough for it to become a habit.

External triggers can include:

- **Your environment**

- For example - You're working in a high pressure job, without effective coping strategies. Over time, your stress levels build...and if not addressed, can lead to developing ineffective and potentially unhealthy coping strategies. Behaviour like excessive drinking, overeating high fat and high carb foods, or zoning out in front of the TV to numb the stress/pain.



MISTAKE #4 - NOT UNDERSTANDING YOUR TRIGGERS

- **The people around you**

- They say that you're the average of the 5 people you spend the most time with. Take a look around...are they are a good influence or a bad influence?

Internal triggers can include:

- Your beliefs
- Your thought patterns
- Your behavioural patterns



BREAKTHROUGH QUESTIONS

If you truly desire to rid yourself of your bad habits once and for all...you need to take the time to find out the truth...

1. What or who in my life may be contributing to me staying stuck in this habit?
2. What beliefs do I have that may be triggering this habit?

Remember, I'd love to hear what you come up with!

So be sure to send your answers through to jen@wellnessedge.com.au



MISTAKE #5 - TRYING TO DO IT ALONE

"If you want to go fast, go alone. If you want to go far, go together." - African proverb



By trying to break your unhealthy habits and create lasting on your own and thinking you don't need support you're setting yourself up for failure.

We all know that the best athletes in the world have coaches (Tiger Woods - he was arguably the best golfer in the world, had four coaches!). This is because athletes understand that to get the absolute best results, they need people who have their back.

It's the same for wanting to improve your health and wellness!



MISTAKE #5 - TRYING TO DO IT ALONE

My advice is create a strong support network. And seek out major support from someone who isn't emotionally involved in the situation...

I RECOMMEND A COACH! 😊

Why is a coach a good option?

- They can provide a different perspective
- You won't feel like your coach is nagging you like you may if your partner was trying to help you stay on track. I've seen this with clients and it can really create negative feelings between you and even sabotage your progress
- A coach can see things you can't because they're not living it each day
- A coach is there to ask the tough questions and ultimately keep you accountable and moving forward

BREAKTHROUGH QUESTIONS

1. Who do you already have in your support network?
2. Who can you add to your support network?





STILL NEED HELP?

CONGRATULATIONS for answering the questions!

It's rare for people to do this work on themselves, so you're one of the few.

We've covered 5 of the mistakes people make when trying to break their unhealthy habits... but there are 5 more!



If you still need help to get started, I'd like to offer you an exclusive opportunity.

Join me on a Complimentary Wellness Visioning Call.

This session is normally valued at \$47, it's yours FREE when you click HERE to book.

During this session we will:

- Create a clear vision of what result you want
- Uncover your unhealthy habit patterns
- Establish what obstacles are in your path
- Strategise how you can transform your health habits for more success



STILL NEED HELP?

The Wellness Visioning Call is with me, Jen Edge, results coach. I've been helping people live healthier, happier, more successful lives for over 20 years. I have limited spots open each month!

If you'd like to finally break that unhealthy habit that's been holding you hostage all these years...don't wait!

Get in quick because once they're gone, they're gone!

Remember, YOU have the power to steer your own course in life.

I hope to meet you very soon.

Jen



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