The habit transformation toolkit

STRATEGIES FOR LASTING CHANGE



BROUGHT TO YOU BY MY PEAK CHALLENGE

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Let's get started!



When you grasp the deeper purpose behind new habits, you'll find an endless supply of motivation to keep going.

In our relentless pursuit of self-improvement and personal growth, there's one factor that consistently stands out: habits. They shape our lives, determine our success, and define who we are. Yet, cultivating positive, lasting habits often feels like an insurmountable challenge. We struggle with motivation, consistency, and the sheer willpower required to transform our desires into daily routines.

But what if we told you that building better habits is not only possible, but also within your reach? What if we offered you a roadmap to break free from old patterns and forge new paths toward a more fulfilling life?

We'll explore the science behind why habits are so powerful, reveal strategies for creating positive changes that stick, and provide practical tools for tracking your progress. Whether you're looking to adopt healthier lifestyle choices, boost productivity, or simply gain a deeper understanding of how habits work, we've got you covered.

We're here to equip you with the knowledge and resources you need to turn your aspirations into actions. It's time to unlock your potential, one habit at a time.



Smallhabits, big impact. Start your day with a healthy routine.

The power of habit: choosing actions that serve you

Often, when we think of changing our habits, we think of good habits vs. bad habits. Flossing your teeth versus not. Biting your nails versus leaving your fingers alone. Staring at your screen right before bed versus putting your phone down and practicing good sleep hygiene.

BY MAUREEN FARRAR

Although behavior change is important for altering negative habits, it's just as important to focus your attention on building good habits. Developing good habits can create meaningful, positive change in your life, but forming positive habits is an ongoing process that takes time and commitment.

The Power of Habit: Choosing Actions That Serve You

So what are habits? They're behaviors or actions you perform regularly and often automatically without much conscious thought. These can run the gamut from brushing your teeth twice a day to showering every morning.

You might think your habits control you, but that's not quite true. Even your most ingrained routines were learned by your brain over time. Habits are essentially shortcuts your brain takes, triggered by specific cues like a particular feeling, time of day, or location. Brushing your teeth each morning and using the bathroom before leaving for work are everyday examples of habits. You don't have to think about it; your body just does it.

Take a moment to reflect on your habits. Which ones are serving you well? Are there any you'd like to strengthen or expand on? Transforming your life begins with understanding

your current habits. Once you recognize what's working and what's holding you back, you can start shaping your daily routine to match your aspirations.

Good Habits vs. Bad Habits

Not all habits are good for us. Good habits are the building blocks of the life you want. They're those repeated choices that bring positive results in all areas of your life. Bad habits are those repeated actions that undermine your goals and chip away at your well-being. Some of those less desirable habits might seem small, but their negative effects add up over time.

The trick is figuring out which ones are holding you back and which ones can propel you forward. Once you know the difference, you can ditch those less-than-ideal habits and start building new ones that make your life way better.

> Find a healthier replacement behavior for when the urge strikes. If you snack out of boredom, try going for a walk instead. Focus on small wins and be patient — rewiring your brain takes time.

Kicking Bad Habits to the Curb

Breaking a bad habit isn't easy, but it's absolutely possible. Start by identifying the trigger – what sets off the habit (a certain time of day, feeling stressed, etc.). Once you understand your triggers, you can disrupt the cycle.

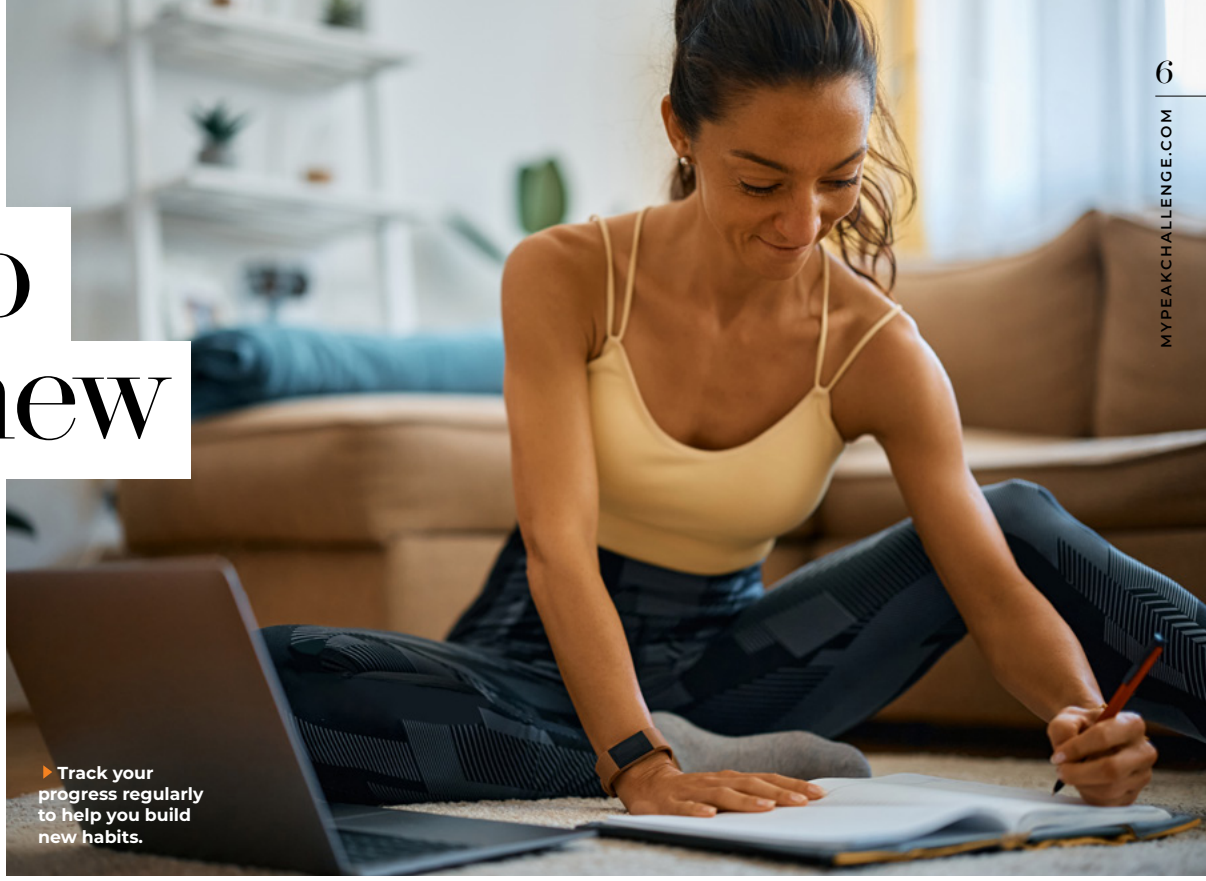
Next, find a healthier replacement behavior for when the urge strikes. If you snack out of boredom, try going for a walk instead. Focus on small wins and be patient — rewiring your brain takes time. Most importantly, don't give up on yourself. Everyone has slip-ups, and each success brings you closer to lasting change.

Your daily choices, no matter how small, have the potential to create big changes. By cultivating good habits, you're taking control of your life and creating a path toward your goals.



Find your rhythm, set your pace, and keep moving forward. Cultivating good habits is a marathon, not a sprint.

How to build new habits



Track your progress regularly to help you build new habits.

You've already spent a lifetime building habits, perhaps without realizing it: washing your hands, brushing your teeth, reaching for a little something sweet after dinner, putting yet another round of lip balm on your parched pout — these all count. Or are they just routines?

BY JILL SCHILDHOUSE

Habits vs. Routines

"As a subconscious practitioner, the difference I see in routines and habits is the part of our brain that automates the practice for us," says Olivia Dreizen Howell, clinical hypnotherapist, certified life and success coach, and NLP. "A routine is used by our conscious brain and includes a sequence of actions that we commit to and act out — but we are consciously deciding to complete this set of actions." She says routines may become habits over time, but a routine is a set of actions that we consciously design and work through (whereas a habit is an action motivated by our subconscious mind).

"Essentially speaking, a habit is a behavior that has become automatic and ingrained through repetition and reinforcement over time," she continues. "The subconscious mind loves repetition, and a habit is usually a routine or action that becomes so deeply ingrained in our life that it becomes an automatic response to us, driven by our subconscious mind. And because a habit is driven by that subconscious part of our brain, they can often be harder to alter or break."

Why Building Habits Is so Important for Success

Habits aren't the only way to get something done — Howell notes that this approach may be less effective for people with neurodiversity, such as attention deficit hyperactivity disorder, who often find better results with such strategies as setting specific goals, creating accountability systems and modifying their environment — but they can certainly help take the guesswork out of making incremental improvements in your life because you don't have to think about them.

"The subconscious mind thrives on repetition, and habits are what help us to create consistency in behavior," she says. "When we create this consistency, it makes it easier to perform tasks regularly and efficiently without needing to expend as much mental energy or willpower. Once a behavior becomes a habit, it requires less conscious effort to initiate and maintain."

9 TIPS FOR BUILDING NEW HABITS

You may have heard the saying that a goal without a plan is just a wish — similarly, a habit doesn't happen out of thin air. You'll need to make a conscious effort to build a habit until the actions become second nature. Here are some ways to accomplish that:

No. 1 » FIND YOUR WHY AND HOLD TIGHT TO IT "Write down your ultimate goal and why you want to achieve this goal," says Dr. Krystal Conner, PharmD, a certified life coach, podcast host of "How to Be a Dangerous Woman," and TV host of "The Breakthrough" who helps high-achieving entrepreneurs, Olympians, and C-suite executives reach their audacious goals. "Having multiple 'whys' is important because it will give you multiple reasons to not quit."

No. 2 » IDENTIFY YOUR ROADBLOCKS Conner says to write down those things that you see as possible roadblocks to sticking to the habit. This includes thoughts that you have about who you are — for example, "I'm not somebody who works out daily," or "I always eat dessert after dinner" — and thoughts about what you think is possible for you — such as, "I've never been able to do this," or "Nobody I know has done this." Then look for solutions to these roadblocks ahead of time so that when you encounter them, you won't be stalled or stuck on how to proceed.





No. 3 » GET AS SPECIFIC AS POSSIBLE Let's say you want to drink more water during the day — instead of using the arbitrary goal of "more," select an amount (like 64 ounces). "It's important to set these very specific goals so that your subconscious mind knows exactly what the plan is," Howell says.

No. 4 » MAKE THE HABIT EASILY ACCESSIBLE Sticking with the water-drinking scenario, the next step is to make sure you have a water bottle that works for you. (Maybe certain features will make you more likely to enjoy it or have it by your side.) Set yourself up for success with the right tools.



No. 5 » SET A GOAL YOU CAN STICK TO AND A REMINDER ABOUT IT Now set a goal for yourself of when you should drink the water. Maybe you'll need to set a timer on your phone for every hour to take a few sips or in between certain tasks (like a glass before and after each meal).

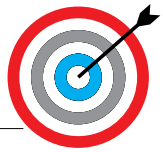
No. 6 » TRACK YOUR PROGRESS Make this a formal activity so you aren't guessing about your track record of reaching the goal each day. "Acknowledge and celebrate the days that you are on track," Conner says, "and start again without guilting yourself or beating yourself up when you fall off track."



No. 7 » BE PATIENT AND GIVE YOURSELF GRACE Conner suggests recalling times in your life when you failed in the past. Did being cruel or hard on yourself help or hurt the situation? "Think about how you would treat a friend, or a child who failed, and give yourself the same kindness and grace that you would show them," she says.

No. 8 » TROUBLESHOOT WORKAROUNDS AS NEEDED If habits don't seem to be forming as quickly as you'd like, brainstorm new solutions. "Maybe your water bottle is too tricky to open, maybe it's simply not close enough to you when you're working or maybe you forget to set an alarm," Howell says. "Just take these moments as feedback and see how you can adjust the routine again to become a habit that works better."

No. 9 » STAY COMMITTED TO YOURSELF Commit to being the person who has made the task at hand a regular habit and don't give up on being that person. "Motivation is great, but it is fleeting," Conner says. "You will initially be motivated, but when things get tough, motivation leaves quickly. But if you are committed to being this person, you will push through tough times, push through not being motivated and continue developing the habit."



FINALLY » DON'T EXPECT OVERNIGHT SUCCESS because the amount of time it takes to build a habit varies for each person. "I have found working with clients that it takes about a month for a routine to become a habit — and that is with constant and consistent repetition," Howell says. "We are only human, and the most important aspect of habits is that they work to our benefit to make our life easier — habits don't have to last forever, and they can be fluid and flexible."



Like a challenging hike, lasting change takes time and effort.

How to build positive habits that stick

We all know how hard it is to change our habits. While some seem to adopt new routines effortlessly, the rest of us often feel like we're constantly battling against our ingrained ways. But here's the good news: It's not your fault. Our brains are wired to favor familiar patterns. The bad news is, it makes habit-building an uphill climb.

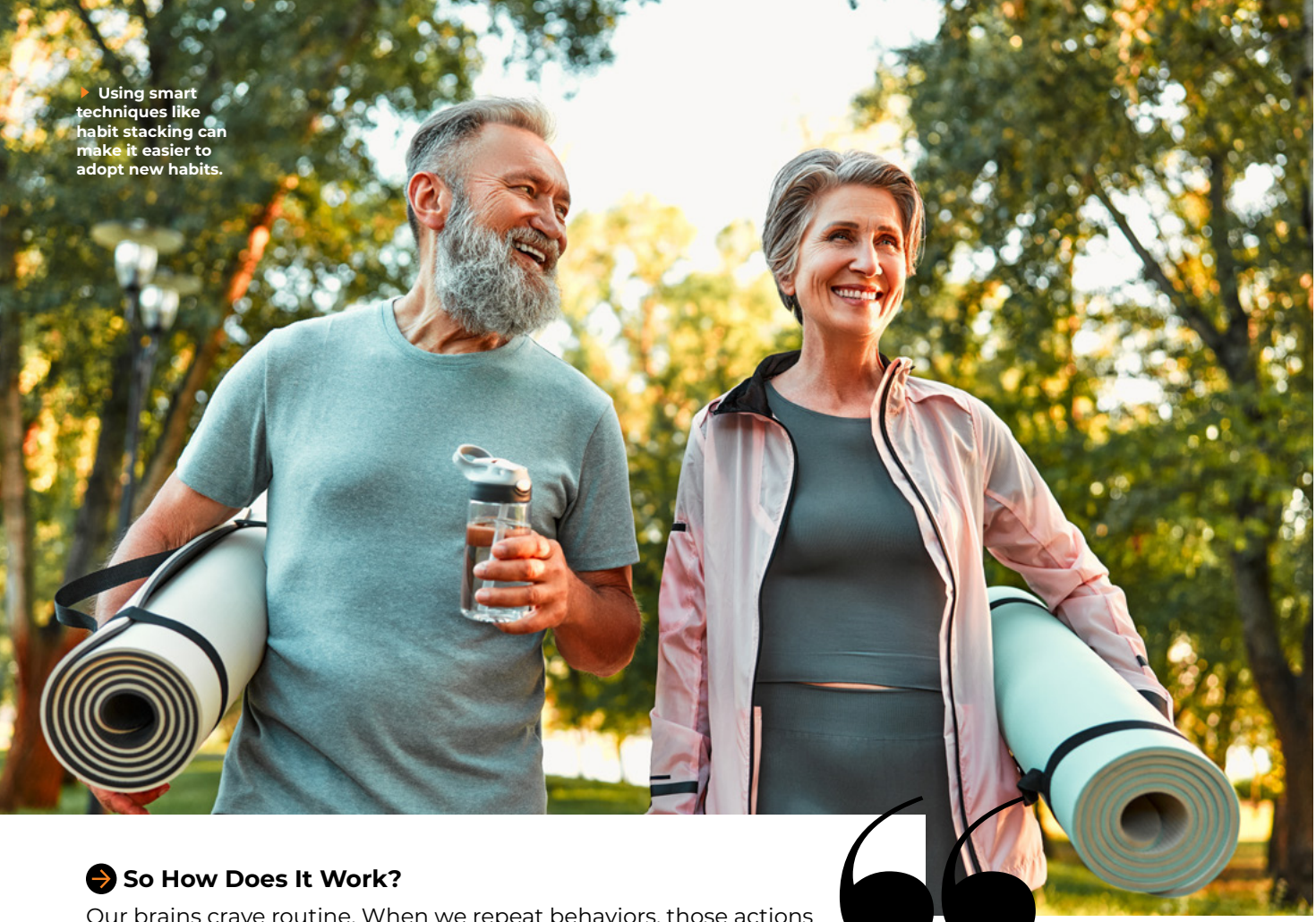
However, there's a simple but effective technique that can help you overcome this hurdle: It's called habit stacking. In a nutshell, you are attaching a new behavior you want to adopt to an existing habit you already perform regularly. This leverages the strong connections you've already established, making the new behavior easier to remember and perform with less conscious effort.

The Power of Small Habits

If you have ever wished sticking to a new habit was as easy as making coffee, habit stacking makes it possible. This clever technique lets you piggyback on existing routines you already do, like your morning coffee ritual or the kids' after-school arrival. Simply pair the new behavior you want to build (like flossing) with an established cue (brushing your teeth) or event (the sound of the coffee grinder). By attaching the new habit to a familiar trigger, it becomes easier to remember and integrate into your daily life.

"It's easy to disregard the power of small actions," S.J. Scott writes in his book *Habit Stacking: 127 Small Changes to Improve Your Health, Wealth, and Happiness*. "You might think that a simple task can't make a difference in your life. However, it's the little things that will have a positive or negative impact on every area of your life." James Clear, the best-selling author of *Atomic Habits*, agrees, writing, "All big things come from small beginnings. The seed of every habit is a single, tiny decision."

BY MAUREEN FARRAR



Using smart techniques like habit stacking can make it easier to adopt new habits.

So How Does It Work?

Our brains crave routine. When we repeat behaviors, those actions get stronger, making them feel automatic. Since the first habit is already wired in your brain, it acts as a cue to trigger the new one. For instance, if you decide you want to add a two-minute meditation to your morning while your coffee is brewing, the coffee maker becomes your built-in reminder, promoting consistency.

While our brains are incredibly adaptable throughout life, building new habits might become trickier as we age. In his book, Clear cites research suggesting adults have about 41 percent fewer neurons compared to newborns. This natural decrease contributes to the perception of forming habits and changing behavior being more difficult later in life. However, this doesn't mean it's impossible. By employing effective strategies like habit stacking, we can still leverage the brain's plasticity and create positive changes, even as we mature.

> By employing effective strategies like habit stacking, we can still leverage the brain's plasticity and create positive changes, even as we mature.

Habit stacking takes implementation intention a step further, Clear explains. Implementation intention, a research-backed psychological strategy, focuses on planning when and where you'll perform a task. Habit stacking builds on this by getting specific about how to integrate that plan into your existing routine. While implementation intention sets the stage, habit stacking provides the specific action steps to make the new habit stick.



In the gym, we stack exercises to build a workout. Apply that same principle to your life: stack healthy habits onto existing routines for a stronger you.

HOW TO HABIT STACK

As you've probably experienced, it's not easy to build new habits. You already have many tasks in your life with an ever-expanding list of obligations, so it might seem impossible to add something new to your daily routine.

Scott believes that not only do you have enough time to build a single new habit, but it's also possible to add dozens of habits to your busy day without negatively impacting your life. He offers the following tips:



No. 1 » START SMALL. "The simplest way to stick with a new habit is to make it 'stupidly simple' to complete," Scott says. That's why he suggests you start with a five-minute block. "A five-minute block might not seem like a lot, but you'd be amazed at how much activity can be compressed into this short amount of time," he says. For instance, if you don't have time for a full workout, think about doing five minutes of burpees or jump-rope for five minutes to get a full-body workout. It's more than many people get done in a day.



No. 2 » EACH HABIT SHOULD BE A COMPLETE ACTION Scott recommends having an obvious starting and stopping point. In other words, if you want to build a habit around regularly going to the gym, a simple habit like packing your gym bag the night before is a manageable habit that helps you reach your bigger goal.



No. 3 » PICK SIMPLE-TO-COMPLETE ACTIVITIES. Each action should be easy to complete without requiring a lot of brainpower, Scott says. The idea is to do it quickly and immediately move to the next action. Each activity should only require one or two steps max to complete. For instance, making your bed, and mixing a smoothie.



No. 4 » USE A CHECKLIST TO MANAGE THE PROCESS. Never underestimate the power of a checklist. A habit stack shouldn't be impulsive. It's a set of actions that you determine ahead of time that are important to you. Writing them down (or adding them to an app like Evernote or Todoist) will help you stay on track.

» HABIT STACKING DITCHES THE OVERWHELM OF STARTING TOO MUCH AT ONCE. Instead, it lets you begin with a few simple yet impactful habits. As these habits become ingrained and feel automatic in your daily routine, you can seamlessly add new ones on top. This creates a powerful "can't miss" sequence of behaviors that effortlessly pave the way for lasting change.

How and why to track your habits



What gets measured gets managed. Track your progress and take control of your goals.

Now that you've decided to make some positive changes in your life, how do you stick to your new habits and make sure they become part of your daily life?

BY MAUREEN FARRAR

Track your progress

Enter the habit tracker. Think of it as your personal accountability buddy, a visual reminder of your commitment to change. By consistently tracking your progress, you'll gain valuable insights into your behavior patterns and identify potential roadblocks. This awareness empowers you to make adjustments, stay motivated, and celebrate your wins along the way.

Using a habit tracker is simple. Start by choosing the habits you want to cultivate. Maybe it's drinking more water, reading before bed, or exercising for 30 minutes a day. Each day, simply mark off whether you completed the habit or not. Be honest with yourself, even on those days when you fall short. Over time, you'll start to see patterns emerge. You'll notice which habits are easy for you to stick to and which ones might need a little more effort. Use this information to adjust your approach, celebrate your successes, and keep moving forward on your path to a better you.

PEAK PROGRESS TRACKER

Track your progress to reach your peak.

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

	HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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About My Peak Challenge



Find your tribe, reach your peak. The My Peak Challenge community is here to support your journey to healthier habits.

My Peak Challenge (MPC) isn't just another fitness program – it's a supportive global community where you can achieve your goals, build lasting friendships, and make a positive impact on the world.

Join a Movement, Discover Your Peak

Whether you're a seasoned athlete or just starting your fitness journey, MPC offers adaptable programs designed for all levels. We'll educate and empower you to gain mobility, rediscover your confidence, and live a stronger, healthier life.

Here's what sets MPC apart:

HOLISTIC WELLNESS » Our programs, led by trained professionals and coaches, encompass training, yoga, nutrition, and mindfulness. We focus on building a healthy lifestyle that's sustainable for the long term.

GLOBAL COMMUNITY » You're never alone on your Peak. Connect with a vibrant community of Peakers in over 83 countries. Find motivation, support, and lifelong friendships through virtual interactions and local groups.

MAKING A DIFFERENCE » We believe in "helping yourself while helping others." A portion of your membership fee goes directly towards incredible causes and life-saving initiatives.

PEAKERS SHARE WHY THEY LOVE MPC



»"BEFORE MPC I FELT ALONE ON MY HEALTH JOURNEY. I had little motivation and no guidance. After joining MPC my journey changed for the better. Now I have structured exercises to follow, recipes I can choose, yoga, and burpees. Most importantly, I'm part of a wonderful community with shared goals, which provides a constant source of support and motivation." —**LORI ROHLIG**

»"BEFORE MPC, I WAS OVERSTRESSED, DEPRESSED, ANXIOUS, AND USING ALCOHOL TO SELF-MEDICATE. I quit drinking in October 2019 but continued to feel depressed, anxious, and unhappy. I worked out sporadically, finding a program that interested me for a while only to quit a few months later. I was physically and emotionally struggling.



I found MPC in March 2020, a few weeks before the world shut down due to COVID. Working from home gave me some extra time in the morning to fit in a workout and I started the 2020 program in April and never looked back! I co-founded the Sober Peakers Ambassador Group in 2021. MPC has helped me maintain physical and emotional strength and well-being, and at the age of 60, I'm in the best shape of my life."

— **SUSAN LEONARD**

> "MPC has helped me maintain physical and emotional strength and well-being, and at the age of 60, I'm in the best shape of my life."



»"WHEN I JOINED MPC IN 2019, I had no idea it would change my life on so many levels. I was insecure about myself as a new mom, and I wanted to step out of my comfort zone and start working out on a regular basis. But along the way, I made new lifelong friends, who I love spending time with. MPC opened a new world of self-love and self-acceptance, and putting myself first makes me a happier mom, lover, and overall happier person."



—**ANGELICA SMITS DE BLOK**

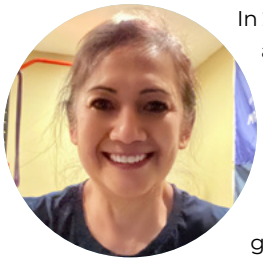
»"I WAS IN TERRIBLE SHAPE, OVERWEIGHT, AND FELT A HUNDRED YEARS OLD. My knees ached, my back hurt – everything was a struggle. I knew I had to make a change and that's when I found not only a fantastic fitness program but also an amazing community of like-minded people .

Regular exercise, yoga, mindfulness, and healthier eating habits have all helped me rediscover myself. I'm full of energy and enthusiasm to try new things.

The best part is, I never feel like I'm on this journey alone. The coaches and the community are always there to support and motivate me. That sense of connection makes all the difference!"

—**MIRIAM KOSSMANN**

»"ON MAY 27, 2020, OUR SON JON WAS DIAGNOSED WITH NON-HODGKIN'S LYMPHOMA. After six rounds of chemo, his post-treatment CT scan showed no signs of cancer! Overwhelmed with gratitude, I immediately searched for organizations to support so that others might experience the same miracle. That's when I discovered My Peak Challenge and its partnership with Bloodwise. I made a donation in honor of my son.



In 2021, I initially joined My Peak Challenge with the sole intention of honoring Jon and potentially helping others. But then I decided to try the workouts, and I was hooked! It's been a transformative experience, making me physically, mentally, and emotionally healthier. I've even made lifelong friends through the platform, both online and in person, especially during my trip to Scotland!

What started as a devastating event turned into a positive force in my life. I'm forever grateful to My Peak Challenge for this incredible journey." —**TONETTE MATSUNAGA**

»"BEFORE JOINING MY PEAK CHALLENGE, I WAS OVERWEIGHT AND OUT OF SHAPE. My Peak Challenge transformed my health. At 60, I'm in better shape than I was in my 40s! I've embraced a healthier lifestyle, gained confidence, and pushed myself beyond my perceived limits. The friendships I've made over the years, both online and in person, have been invaluable. And the best part is, all of this personal growth has also helped support amazing charities!" —**LINDA BROSSEAU.**



THE PEAKER SPIRIT

At MPC, we call our members Peakers. They're individuals who are dedicated to personal growth while making a positive impact on the planet. They come from all walks of life, united by a shared desire for self-improvement and global change.

Become a Peaker Today

Imagine yourself reaching mountaintops, exploring breathtaking landscapes, or simply crushing it at home. Peakers can be found anywhere, pushing their limits and celebrating each other's victories.

JOIN NOW!

Join the MPC movement today! Start your journey towards total wellness, forge lasting friendships, and contribute to a better world. Discover your peak and make an impact – together, we can reach new heights!

Reach Your Peak. Follow MPC for daily motivation and inspiration.



Climbing peaks, changing lives. Together we're making a difference.



Forge friendships and conquer new challenges



Lift each other up, cheer each other on.