



Oby's Wisdom!
A Caveman's Simple Guide to Holistic Health and Wellness
 Action Guide

Check In Lesson Number Two
 “Make it a Habit...”

“We are what we repeatedly do.
 Excellence, then, is not an act, but a habit.”
 Aristotle

There is an old saying that goes, “Good habits are as hard to break as bad ones.”

Good habits are the thrust of this lesson. In your last check-in lesson, we drew on the Japanese principle of Kaizen to determine one “next simple step” for each chapter of *Oby's Wisdom*. Now it's time to take the most important of those simple steps and ingrain them as good habits.

Forming new habits can be challenging. Here are a few tips to help facilitate the process:

- 1. You gotta wanna.** Form new habits that are enjoyable, otherwise, you'll fail. Desire is a critical part of forming a new habit. You have to *want* to change, and your new habit has a better chance of “sticking” if it is something you *want* to do.
- 2. Put it on the schedule.** If your new habit requires an investment of time, put it on your schedule. Place it high on your priority list. Too often, we try to squeeze new priorities in after we finish all of the other mundane things we're so locked into doing, and then we never get around to the new activity. If it's really important, make it important.
- 3. One simple step at a time.** Remember Kaizen – *continuous incremental improvement*.
- 4. Oby group.** Change takes commitment and support. By now, hopefully, you and your Oby Group have been supporting each other and having a good time to do it. Keep the love alive.

Go back and look at the “next simple steps” that you wrote down for the first check in lesson. Choose 2 – 4 of them that you would like to transform into new habits. Make sure you select at least one from Part One of the book, and at least one from Part Two. Write them below, along with when you will do them (examples: “right after I wake up every morning,” “Mon, Wed & Fri at lunchtime,” “every Sunday morning...”).

Part One (new mindset).

New habit: _____ When: _____

New habit: _____ When: _____

Part Two (new lifestyle habits).

New habit: _____ When: _____

New habit: _____ When: _____