

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 168 – Continuously Improve Your Life with 1% Better

In his book Atomic Habits, James Clear says, “Your behaviors today are a reflection of your identity. So, when your behavior and your identity are fully aligned, then you are no longer pursuing behavior change, you're simply acting out of the type of person you already believe yourself to be.” We do this best when we align our intentions with God’s will and who He says you are, what He is calling you to do, and who He’s calling you to be. When you make a point to connect with God about your goals, when you find out what pleases Him, you will know what is His good and perfect will. That’s what Romans 12:2 says will happen when you allow your mind to be transformed. It’s a spiritual practice integrated with psychological tools. It’s where your brain and your faith meet

1) Review from last week’s episode: What is the goal you want to attain?

2) Who did you identify yourself to be based on the results you’d like to see?

Clear introduces “The Four Laws of Behavior Change.” These are practical strategies to learn how to build good habits and break bad ones. We do this with systems we repeat.

The first “Law” is to Make It Obvious. This focuses on environmental changes that become signals to remind you to take action

3) What are some ways you can “Make It Obvious” to take action?

The second “Law” is to Make It Attractive. Clear says that habits are driven by cravings or desires, and if a behavior is attractive, you're more likely to pursue it. By associating habits with positive emotions or rewards, you increase motivation and make it easier to stick to them. The reward makes it more attractive.

4) In what ways could you make the things you are trying to do, or your systems, more attractive?

The third “Law of Behavior Change” is to Make It Easy. This is all about reducing barriers to the habit. The easier a behavior is, the more likely you'll do it.

5) How could you make your systems easier to do? What barriers could you remove that might keep you from doing it?

The fourth “Law of Behavior Change” is to Make It Satisfying. When the outcome of a behavior is satisfying, you're more likely to repeat it in the future. The reward provides a dopamine hit, and brain is going to want to do it again and again.

6) What rewards could you give yourself to prompt your brain to reinforce the systems?

The goal is to do something 1% better than you've previously been doing. As you're using any of these “Four Laws for Behavior Change,” know that you're looking for tiny margins of improvement in everything that you do.

Try this and let me know what you find by emailing coaching@triciazody.com. I'd love to hear your stories!