

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 167 – Continuously Improve Your Life with Identity**

In his book <u>Atomic Habits</u>, James Clear says that habits compound over time, and making small improvements on a daily basis can lead to a significant difference in your life in the long-run. This is the philosophy of continuous improvement.

1) What is something that you want to accomplish or improve in your life?
He says, "Your outcomes are a lagging measure of your habits. So, your net worth today is a lagging measure of your financial habits in the past. Your weight today is a lagging measure of your eating habits.
2) What are your current outcomes for your goal or the thing you want to improve?
3) What habits (good or bad) have contributed to these outcomes?

Clear says there are three layers of behavior change, or three areas of focus to implement change. But it's the last layer that is the key to continuous improvement. That is identity. Identity-based habits associates your actions with who you believe yourself to be. The brain gets on board with what you believe. That's what we know. We know with the Reticular Activating System that anything we believe, anything we think, our RAS is going to reinforce habits and actions and even support the tools we use to change the brain.

Whatever you believe about yourself, your brain is going to prove it true over and over again.

What do you believe about yourself in relation to your goals? Who do you believe yourself to be? And why?

Your behaviors today are usually a reflection of your identity. So, "when your behavior and your identity are fully aligned, then you are no longer pursuing behavior change (or behavior modification), you're simply acting out of the type of person you already believe yourself to be."

Creating Identity-based habits is the holy grail to continuous improvement in your life, no matter what your end goal is. Next week, we're going to get into the processes and I'm going to give you some tips of how to make those 1% incremental changes. Be sure to tune in and work through that Listener's Guide, as well.

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