THE COACHING HUB LTD

YOU FIRST

Five ways to wellbeing

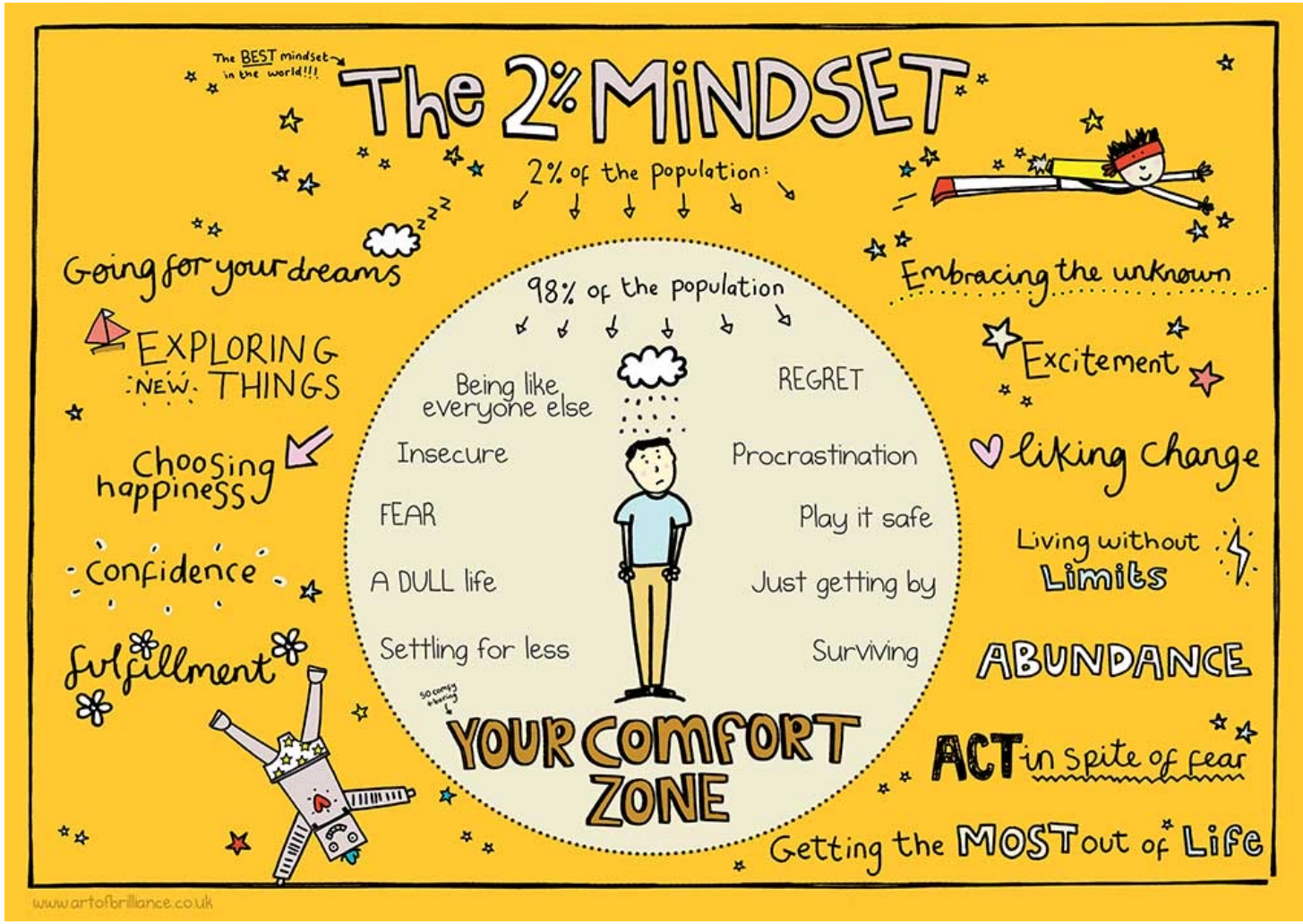


Connect...
Be active...
Take notice...
Keep learning...
Give...

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MOOD AND MINDSET

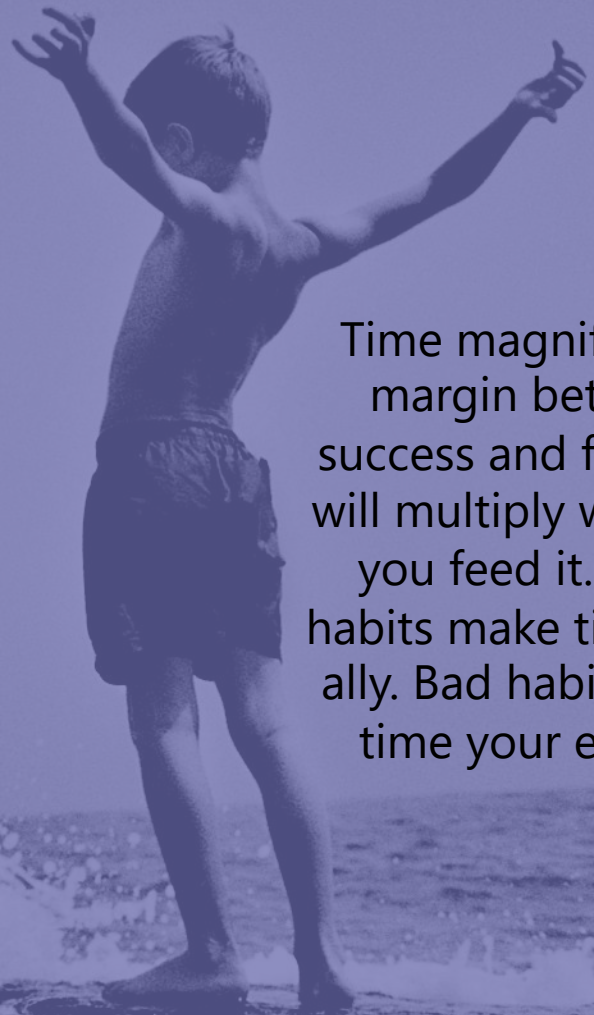
- How often can you step into the 2% Mindset? A moment counts!
- FAKE it to you MAKE it!
- LAW of ATTRACTION. You get what you vibrate



DECISION MAKING & HABIT

The impact created by a change in your habits is similar to the effect of shifting the route of an airplane by just a few degrees. Imagine you are flying from Los Angeles to New York City. If a pilot leaving from LAX adjusts the heading just 3.5 degrees south, you will land in Washington, D.C., instead of New York. Such a small change is barely noticeable at takeoff—the nose of the airplane moves just a few feet—but when magnified across the entire United States, you end up hundreds of miles apart.

Clear, James. Atomic Habits (p. 17). Random House. Kindle Edition.



Time magnifies the margin between success and failure. It will multiply whatever you feed it. Good habits make time your ally. Bad habits make time your enemy.

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MARGINAL GAINS WORK

- 10min of change every day works out to be 60hrs. Which is a week spent on you.
- 30mins of change every day gives you 25 days a year of that activity.

- Set your intention – put it out there – nothing to stop you from making marginal gains

MAKE IT OBVIOUS

On the Japanese rail system, staff habitually 'point and call' out seemingly obvious things, like trains leaving platforms or lights changing.

This reduces errors by 85% and accidents by 30%.



MAKE IT ATTRACTIVE



Dopamine is the brain chemical behind habits. Make a habit pleasurable – or connect it to another pleasurable activity – and it sticks.

When we anticipate a reward, dopamine spikes.

MAKE IT EASY

Friction prevents habits from forming. Lay out workout clothes, pre-chop vegetables – or introduce friction to break bad habits.

The author Victor Hugo once wrote a whole book to a six-month deadline after wasting a year socialising. How? He threw away all his clothes so he couldn't go out.



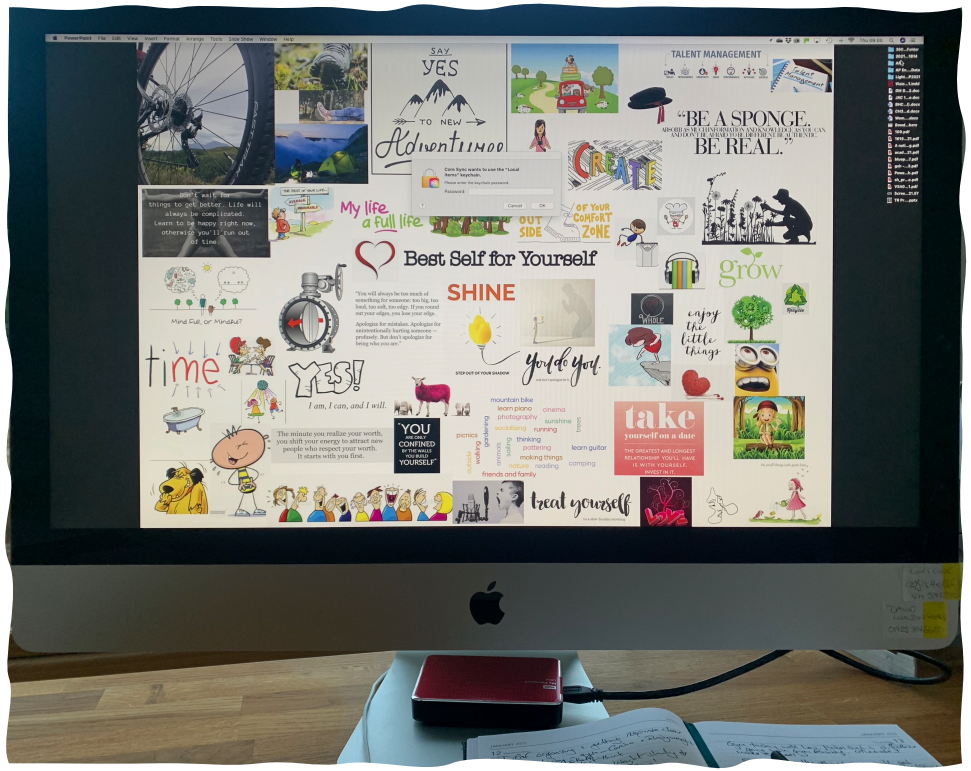
MAKE IT SATISFYING

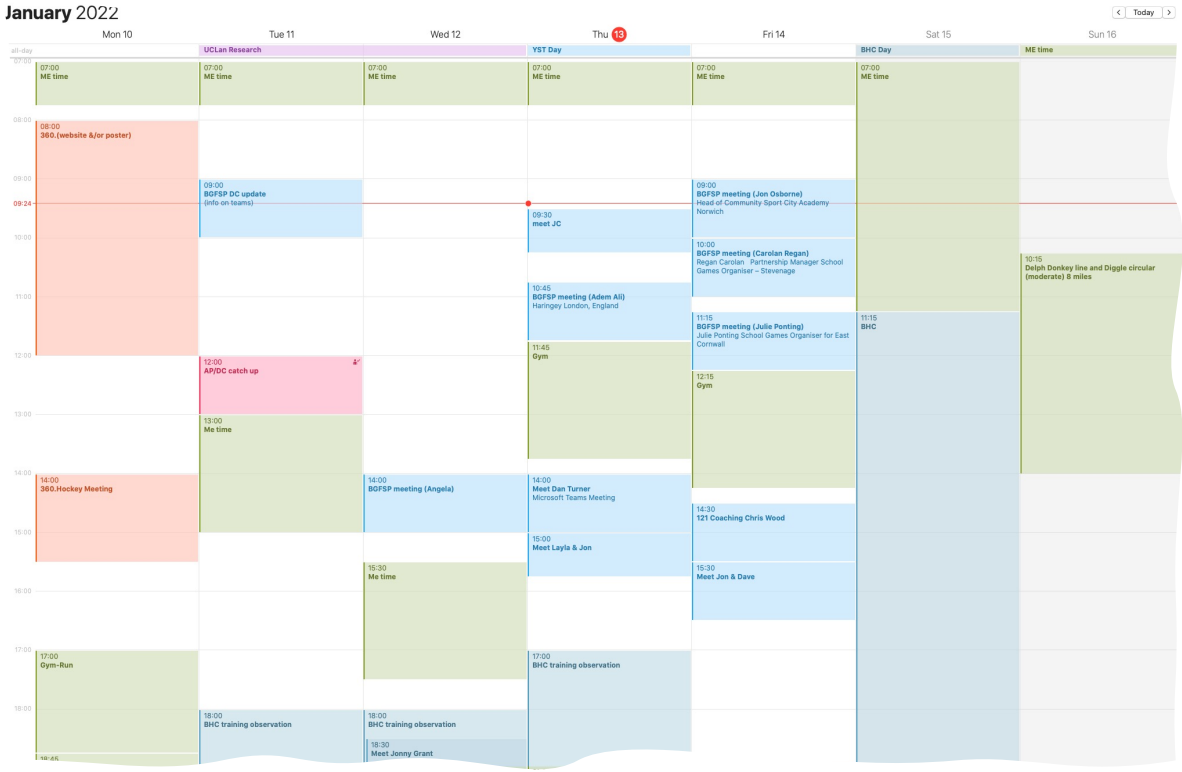


If there's no immediate gratification in an action it's very hard to make it a habit. A nice feeling, a good taste, a feeling of satisfaction - anything can work. Your brain needs an incentive, no matter how small.

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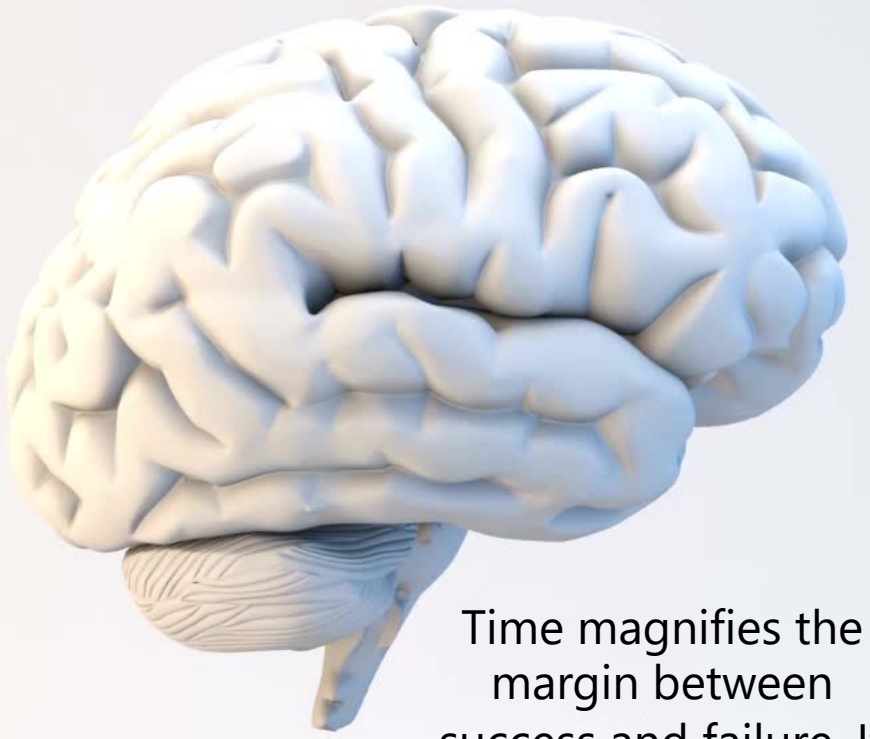
ME TIME!





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DECISION MAKING & HABIT



Time magnifies the margin between success and failure. It will multiply whatever you feed it. Good habits make time your ally. Bad habits make time your enemy.

Dan Willingham; humans don't actually like to think hard, the brain is not designed for thinking. It is designed to save you from having to think!

Wendy Wood defines a habit as a mental association that we form through repetition, a mental shortcut that helps us automate processes in our brain which, in turn, frees up mental energy to think of other things.

How often do we check and challenge OUR Habits

WHAT'S YOUR VISION ?

- In pairs, discuss what you would have in your vision board. Remember these are what fulfil you and you enjoy, or are passionate about, what you daydream about, what you want to start because….they will make a difference to YOU.