

Change Your HABITS

Change Your RESULTS

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Change Your Habits Change Your Results

Disclaimer

How to Change Your Habits

Summary of the Method

1. Make A List Of The Habits That You Want To Change

2. Create A Strong Feeling To Make The Change.

Intensify Your Motivation

3. Design A Ritual To Make The Habit Permanent.

Make Rituals to Change Your Thinking

Trigger

New Thinking

New Behavior

Emotional Reward

4. How To Practice

5. Accelerate Your Results And Make Them Permanent

Rituals To Create Feelings And Mood.

Use Posture To Be More Confident.

Reframing

Practice Until It Becomes Automatic And Never Quit.

References

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How to Change Your Habits

I have a sort of funny or quirky story that relates to habits. The point of my true story is that **you can make an automatic habit of anything and make it stick.**

Every time I begin the process of leaving the house or leaving work, I immediately have to go to the bathroom to relieve myself before going. I have an immediate physical need to urinate.

What the flop does that have to do with changing habits?

Well, it shows that any crazy automatic, subconscious habit can be created and last for years and years and years. This habit came from a time 10 years ago when I had an hour commute on a subway train where I couldn't use a bathroom.

One time I was on the commute and had to urinate so bad I thought my bladder would burst or I would wet my pants. After that experience, I made sure to use the bathroom before leaving, whether I needed to or not. I only had to recall that experience of needing to go so badly to stay motivated.

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I don't remember how long it took to become automatic, but here I am 10 years later and the habit is as strong as ever.

Now, it is a compulsion and my body automatically reminds me every single time.

So, if you ...

- 1) Have a goal to change a specific thinking or behavior.
- 2) Create a simple ritual to reprogram your subconscious.
- 3) Practice it every day until it sticks.
- 4) Have a strong emotional motivation to do it.
- 5) Tie it to a trigger situation or event.

Then you can create a permanent behavior and thinking change.

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Having a goal linked to changing your behavior increases your success by becoming automatic¹. Habits are very powerful patterns that require persistence and consistent effort to change.

You can succeed by replacing unwanted thinking habits with desirable ones **only if you make a serious daily commitment over several months to make changes step-by-step.**

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Summary of the Method

Here is a summary of the process you can follow to guarantee you will change your thinking habits.

- Identify the behavior that you want to change and create a specific goal.
- Create a strong feeling to make the change.
- Make a ritual you can do to make each new habit permanent.
- Keep practicing the ritual until it becomes automatic and never quit.

1. Make A List Of The Habits That You Want To Change

To begin, **make a list** of the thinking habits you want to change. Here are a few examples to help you think about your list.

- Dwelling on possible future problems or hurts from your past.
- Ruminating about past failures.
- Taking things too personally.
- Criticizing yourself and others.
- Getting angry about little things.
- Worrying too much.
- Low self-confidence.
- Fears of failure, success, and rejection.
- Worrying about things you can't control.
- General negative thinking.

Make your list and remember that you can add to the list as you think of more things later.

Decide what the top 3 items are and then choose one to begin with.

Don't even think you can work on all of your list at once. You can only do one at a time until it is established and then move to the next one.

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So, keep the list and after you finish making a habit of the one you choose first, repeat this process to work on the next one.

You can start with the easiest one if you like, but you need to have a strong commitment to persist until it is a habit.

Be sure the one you choose is something you really want to change and make a serious commitment to stick with it.

2. Create A Strong Feeling To Make The Change.

You can increase your desire and motivation by thinking about why you want to change and listing all of the reasons and benefits.

You can increase your desire even more by thinking about the pain you will experience by not changing. You can list all of the bad effects of the thinking habits you want to change.

Intensify Your Motivation

- Write down the thinking habit you want to change.
- List all of the ways change will make your life better.
- Imagine the future without changing. Think about how painful or uncomfortable it would be if you don't change.

3. Design A Ritual To Make The Habit Permanent.

Make Rituals to Change Your Thinking

Here is an exercise you can use to design rituals to create a permanent habit.

You change your thinking from problems to solutions by using this trigger formula.

**IF {TRIGGER} THEN { NEW THINKING } AND { NEW Behavior }
+ {Emotional Reward}**

Trigger

The trigger for your ritual is the thinking behavior or situation you want to change. For example, if you find yourself worrying about something. Whenever the behavior or situation happens, you will do your ritual.

New Thinking

The new thinking is what replaces the habit you want to change. In the same example of worrying, you would think and repeat to yourself “I don’t worry. I act” or say something similar. You can repeat it as many times as you need to really feel it.

New Behavior

Your new behavior part of your ritual is the thought pattern or activity to replace your trigger habit that you want to change.

With the worrying example, you replace worrying with a method to stop worrying.

Get rid of worries with these steps:

- Write down exactly what you're worried about.
- Write down what you can do about it to prevent it or reduce its impact.
- If it's not something you control, then write down how you will respond if it happens (which is unlikely).
- Decide what you will do.
- Immediately carry out your decision.

Remind yourself that most of the time, your worries never happen or they are not nearly as bad as you imagined.

Emotional Reward

Explore different types of short celebrations you can do to have a great feeling instantly. Find something that feels right and good. Here are some ideas.

- Pump Your fist and say “YES!” or “OUTSTANDING!” Intensely. Choose something that resonates with you.
- Do a little dance and say “Way to go!” or something more personal that gives you juice.
- Make up a little jingle if you like to sing.
- Smile big.
- Imagine you’re someone clapping for you.
- Hum or whistle your favorite upbeat tune.
- Clap your hands.
- Nod your head.
- Do a thumbs-up gesture.
- Imagine the cheers of a crowd.
- Think to yourself, AMAZING JOB!
- Snap your fingers.
- Imagine seeing a fireworks display.
- Make a victory symbol with your arms above your head in a V.
- Snear, chortle, snicker and tell yourself, I got this.

Choose something that feels great and use an exaggerated emphasis.

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So IF {When you are worrying too much} THEN {THINK: “I don’t worry. I act”.} AND {Then do worry solving steps} + {Celebrate passionately and right away after you finish}.

4. How To Practice

Practice your ritual every day for 3 minutes or less. EVERY DAY!

Practice by imagining that your trigger happens and then go through the ritual steps. Also, any time your trigger happens, immediately employ your ritual.

5. Accelerate Your Results And Make Them Permanent

Your habits and behavior have been programmed into your subconscious over many years. You need to overcome that programming with deliberate practice of your new thinking and behavior.

With subliminal technology, you can accelerate your subconscious programming. Subliminal Technology is so advanced now that you can directly and rapidly implant new thinking into your subconscious. *You can do it visually on your computer screen and by listening to subliminal messages, even while sleeping.*

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Read more about the most advanced subliminal tools [here in my review](#) after I used the program for one year with great results.

Rituals To Create Feelings And Mood.

Use Posture To Be More Confident.

1. Stand tall with shoulders level and chest slightly out.
2. Square your body and feel strong.
3. Smile, gesture with your hands and say “I welcome challenges head on and I learn from everything that happens to me.”
4. Then stride with purpose.

Reframing

If you want to reduce negative or defeatist thinking you can use reframing. You can change how you think about any situation from negative to positive by reframing. You can also make problems that seem big, look smaller, or things that seem really bad, not so bad.

Reframe a situation with the words you use to describe it. Once you establish this habit, you will automatically reframe situations in optimistic, positive, and beneficial ways instead of negative destructive ways.

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Framing a situation has a huge effect on your mindset. Instead of calling it a “problem,” label it as an “opportunity” to learn and get better.

For example, say “learning how to succeed” instead of “failure”. Learning why something didn’t work out and finding a way to make it work are the most productive ways to approach a failure. Failure is a chance to discover what doesn’t work. It’s an opportunity to find another way that does work.

You can usually find ways to reframe a negative reference in a more helpful and productive way.

Here is an exercise you can use to make a permanent habit of framing thoughts in a positive growth mindset.

- Wear a rubber band on your wrist that is tight but comfortable.
- When you find yourself looking at a situation in a negative way, snap the rubber band on your wrist so it’s a little painful.
- Then think of a positive way to frame the circumstance

Practice Until It Becomes Automatic And Never Quit.

There is no exact amount of time it takes to establish a habit.

According to one rigorous experiment published in the European Journal of Social Psychology², it takes 66 days on average before a new behavior becomes automatic. The time it takes to form a new habit can vary widely depending on the person, the habit and the circumstances. In Phillipa Lally's study, it took from 18 days to 254 days for people to form new habits.

So, if you want to have accurate expectations, plan for it to take you anywhere from 2 - 8 months to make a new thinking habit.

Use [modern subliminal technology](#) to accelerate your results and make them permanent.

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