
3 STEPS TO CREATING NEW HABITS

It doesn't have to be difficult

Let's talk about forming new habits. We all have times in our lives where we intentionally want to change our behavior for the better by creating new habits for ourselves.

This could be getting in the habit of eating healthier and drinking more water. It could be work related such as reducing your stress or pushing yourself to attempt to advance book each of your Guests. It could be about being more mindful when with your Guests or helping a co-worker feel better about themselves. There are so many areas in our lives that could be improved and made easier if we knew how to create new habits.

Getting into the habit of doing something is often easier said than done. We seem to acquire bad habits without any effort, but getting into a "good" habit can be a little more challenging.

Let's break it down into a three step process that makes it easy to follow until we've internalized the new behavior and made it a true habit – something we do automatically without having to think about, like brushing our teeth.

Decide What You Want To Do:

#1 The first step is to decide what you want that new habit to be. Be as specific as possible. Don't just tell yourself you want to exercise more. Instead say something like "I will go for a 30 minute walk every single day". Deciding what your new habit will be and committing to when and how you're going to do it, is half the battle.



Remind Yourself To Get It Done:

#2 The next few days should be smooth sailing. You're motivated and excited to get this done. Sticking to your new habit isn't an issue. But a few days in you'll notice that it's easy to slip back into old habits.

Maybe it's raining and you don't really want to go out and walk. Or maybe you are running behind with your Guests and your goal to try and rebook each and every Guest falls by the wayside. In other words, your day just gets away from you. This is when it's important to have a daily reminder. Set an alert on your phone or add the new habit to your daily to-do list for a while. Even a sticky note inside your station can work as a constant reminder of the commitment you made to yourself.

Make It Part Of Your Routine Until It Becomes A Habit:

#3 Which brings us to the last step. It takes some time before a new behavior becomes a true habit. Until then, a routine will work to your best advantage. Even before the new behavior becomes automatic, a routine will help you get it done without having to spend a lot of willpower or relying on daily reminders.

Make that daily walk a part of your after dinner routine, or change from trying to rebook each Guest at the end of the visit, to doing it as soon as you shutoff the blow dryer and the Guest is still in your chair.

Congratulations! Decide to create the new habit, practice the routine until it's second nature and you'll be well on your way to forming a new good habit.



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