

10 Commandments of Changing Habits

Thou art complete from the beginning

You are fine as you are. You are entitled to be happy even if you have bad habits.

Thy life is thine own creation.

You set up your life to get what you are; it is not a fluke of nature. It took work and planning, possibly unintentionally, but you built it. If it no longer serves you, you have to undo it. However, since you built it - you can unbuild it.

Thou shalt enjoy the benefits of thy habits

The habit you are trying to change provides a benefit; that's why you started it. However, when the side effect of the benefit is more painful than the pleasure, it's time to say goodbye. You were doing the best you knew how to do. Now, you know more and you have decided to change. "Bless" the habit, rather than curse it. Wish it well. Move on.

Listen not to the pressure of others...

Change because you want to or you need to, not because of external pressure. It's perfectly OK to stay where you are and continue to engage in your behaviors. However, own that decision. Realize that is your choice and you are making it. This gives you the power to change later – should you so choose.

...Yet accept thy journey is not alone

You run your own life. If you want to change it, you have to take responsibility for where you are and where you're going. However, realize that those most closely tied to you will have to adjust, and they might - or might not - want to. Keep others informed.

Thou shalt accept time is out of thy control

The process will take more time than you want and it will be more complicated than you prefer - but it will neither take as long as, nor will it be as difficult as you fear. Conversely, it will feel far better than you expect when you "arrive." When the road seems long, keep your eyes on the prize and focus on the benefits, not the effort.

Expect not guarantees of success

Setting goals does not guarantee you will get to have the results you want. However, NOT setting them does guarantee that you will stay where you are.

Thou shalt think smaller

You have made the process of changing too big and too complicated. You created your life in small, almost invisible steps. That is the way you will change it. It sucks, but it's true.



Give unto thyself more credit

Your self-talk is the biggest reason you are where you are, for better or worse. If you wish to be somewhere else, you must change first what you say to yourself. Look for reasons you are successful, not for ways in which you messed up.

Thou shalt be free from long-term binders

Goal setting is not a prison sentence. Simply because you set a goal does not mean you have to carry it to the end. You are grown-up and you can decide at any time that your goal is not worth it and change your mind. However, while on the path, go boldly and proudly.

Don't expect what you expected

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