


# Week 11 Focus – Enabler: Habits

Focus Question: What are the habits shaping your work?



“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

– Aristotle

## DESCRIPTION

Habits are things that we undertake, almost subconsciously, to the point of sometimes not even being aware of them. As repetitive actions, habits are a powerful force, in shaping our work and business.

## STORY

At the beginning of each year, I find that conversation starts to flow towards dialogue around habits with my coaching clients. Perhaps this is because it's time for a new year, or maybe because it's a clean slate.

Here's what I wrote about habits at the Teams365 blog,

“Habits and practices are things we do automatically, sometimes unconsciously, because they have come so ingrained. There are many schools of thought that create a link between habits and success. That habits lead to success.”

As the tagline in the Coaching Business Builder and PlanDoTrack asserts:

## Daily Steps + Consistent Action = Momentum

Habits play a key role in shaping our regular actions. Habits are things we do automatically, and if we are able to instill regular go-to activities that can help us move forward, it can support automation of tasks and activities.

As you consider your current goals and priorities:

1. What will help you be successful this year?
2. What are the consistent behaviors and actions you want to or need to undertake to move you towards your goals?
3. What could amplify, or magnify, those goals?
4. What's missing that could make a difference?
5. What small shifts would make a new ripple?
6. What does consistency mean for you around habits?
7. What could get in the way?
8. What is going to remind you about your commitment to your goals?
9. What do you notice about how your mindset is influencing your habits?

10. What is becoming automatic for you OR what needs to become automatic for you in your successful pursuit towards your goal.”

(Source: <https://www.potentialsrealized.com/teams-365-blog/teams365-1466-2018-kickstart-day-5-of-8-habits-and-practices-to-move-you-towards-your-goals>)

### ACTIVITY

Make a list of the top 5-10 habits that shape your work as a business owner, solopreneur or remote worker. What are the things you consistently do, no matter what?

As part of the iceberg in Section 1 of the Coaching Business Builder and PlanDoTrack, you are invited to review pages 25 and 27 to identify your habits in work. Consider how they are helping and how they are hindering you.

What are the changes you want to make in service to your goals?

### CONNECTION TO THE WORKBOOK AND PLANNER

Complete pages 25 and 27 in both the Coaching Business Builder and PlanDoTrack, to identify your habits in work, and how they are helping and how they are hindering you.