

# HABITS SIMP<sup>3</sup>LIFIER



THIS IS THE EXACT FRAMEWORK THAT AMBITIOUS BUSINESS PROFESSIONALS USE TO RAISE THEIR SLEEP QUALITY 20% - 50% IN 90 DAYS EXPERIENCING HIGH ENERGY & JOY WITHOUT RISKING THEIR PERFORMANCE AT WORK

Creating Effective Habits For Healthy Sleep & Peak Performance

MY POWER HABIT: \_\_\_\_\_

**TRACKING**

TARGET → [1-30] → GOAL

**PARTNERSHIP**

[Person icon] \_\_\_\_\_

[Calendar icon] \_\_\_\_\_

Mo Tu We Th Fr Sa Su

[Gears icon] 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

**1 STRUCTURE**

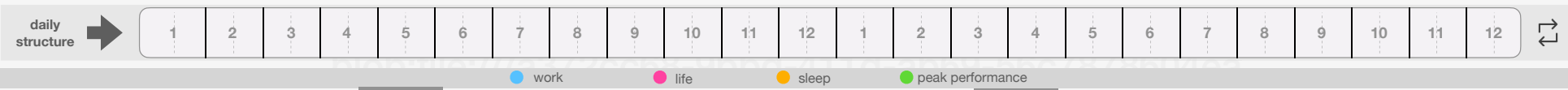
Defining a clear day structure mapping your most relevant categories (e.g. work, life, sleep) will help you to choose a good and realistic timing for your new habit.

**3 TIME**

The timing of habits can be critical. Blocking out time for it in your daily structure will help you become clear about potentially colliding circumstances.

**5 ACCOUNTABILITY**

Measuring your progress and having an accountability partnership will ease and secure the process of building habits predictable.



**2 DEFINE**

Moving from implementing all potentially beneficial habits to focusing on the #1 habit that will truly impact your life through replacing overwhelm with clarity.

**4 VISUALIZE**

Visualizing your habit in advance will let you smoothen the process (identify friction, add ease). Important side note - visualizing will let your brain start to create your new habit!

**FOCUS**

**WHAT?**

WEALTH HEALTH RELATIONSHIPS CAREER BUSINESS EFFICIENCIES

CHOOSE YOUR FOCUS

**MOTIVATION**

**WHY?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY POWER HABIT: \_\_\_\_\_

**VISUALISATION**

TRIGGER → REWARD → PERFORM → EASE/FRICTION → REPEAT

REPEAT 30-300 X

INCLUDE ALL SENSES FOR MOST POWERFUL RESULTS!

**SENSES**

see  feel

hear  smell

taste

Am I relaxed?

Did I visualize the entire process?

