

POWER

The 30 day challenge to Beat The Monster!

The POWER model outlines the structure of the 30 day challenge. It has 5 steps that are all paramount to creating or breaking a habit. It is critical to do all 5 steps and that means all 5 for 30 days. Doing all the steps will increase your chances of success dramatically. If you do not follow all the steps, you are likely to fail. There are no short cuts! NOTE: If you miss a day, the 30 days start all over.

Prioritize

First of all, you need to get clear on your goal. What do you want to stop or change? Select ONE habit. Most of us have more than one thing that we want to change but it is important that you only do one at a time. It is about FOCUS! Secondly, get clear on the reason. Why do you want to create or break this habit? What will it do for you? How will your life be without it? The bigger the reason, the bigger the desire to make it happen. You have to really want it. If you are not sure, if you just want to try, you will fail.

Outline

A proper plan is essential to building or breaking a habit. You have to design a plan that outlines the exact steps for the 30 day challenge. In your plan you specify what you will do on daily basis. Identify 2-3 specific behaviors that will have the biggest impact. Daily rituals are the only way of building Power Habits. Rituals will help recondition your brain.

Without

When you build your habit, it is paramount that you get clear about things that you have to avoid and stop doing. This could be situations, people or places that might potentially prevent you from creating the new habit. You might have to stop hanging out with certain people, reduce the time spent on watching TV, or stop reading emails at night.

Engage

To succeed you need to engage other people. Success is a team sport, and without support you are doomed to fail. In short, you need to engage at least one person. Get a partner that you trust and explain your goal to the person. On a daily basis report your progress to your buddy (phone, SMS, email etc). Your partner will hold you accountable, support and encourage you.

Reinforce

It is critical that there are consequences for success as well as failure. We promote a reward system, where you reward yourself for doing well. That might be a reward after 7 days or two weeks, or even every evening after a successful day. Our usual structure also involves severe consequences for not following the plan. A consequence is usually either money or time, and it has to be something that really hurts. A consequence you really want to avoid. The key is that it has to work for you!