



Wellness with Attitude

Sandy Warren

Atomic Habits

Based on book
by James Clear





Agenda

Springtime seems a good time to plant some seeds for good habits

1% improvement every day

Compound the positives

Decrease the compounded negatives



Three levels of change

Outcomes: Most of us set goals, or at least wishes, examples, loose weight, be more positive, reduce stress.

Change to process: address habits and systems examples, prepare food ahead, stop watching news, walk

Change your identity: How you see self, your environment, beliefs and judgements





Two Step Process to change your identity

The more you repeat a behavior the more you reinforce an identity.

Decide the person you want to be and then prove it to yourself with small wins





“ Opportunities are like buses. There's
always another one coming.

”

Richard Branson

Our past does not define us.



4 simple steps for how habits work



CUE

Triggers your brain to initiate a behavior that predicts the reward.

Example: loose weight
see food

Exercise: see work out
equipment

Cravings

The motivational force the desire adds emotion, or feelings. This brings you to another state.

Wear other
clothes

Warm body glow

Response

- This is the habit, the action you take that leads you closer to your reward.
- Cookie vs carrot
- Sneakers vs pj's

Reward

- Satisfy our cravings
- They teach us lessons & repetitions that can be good or bad.
- They improve our sense of self
- Builds confidence



Areas of focus

Scenario

- Your phone notifies you of a text.
- You want to know what is going on.
- You read the text
- You satisfy your curiosity, you now have an association with the sound, the need, the action and the response to get the reward.

Choices

- Your phone notifies you of a text
- You have an agreement with yourself to check texts 1/hr.
- You stay focused on the task at hand
- You feel satisfied in your productivity



“ If a behavior is insufficient in any of the four stages, it will **NOT** become a habit.

”

James Clear





Summary

How to build a good habit

- a. Make it obvious
- b. Make it attractive
- c. Make it easy
- d. Make it satisfying

How to break a bad habit

- a. Make it invisible
- b. Make it unattractive
- c. Make it difficult
- d. Make it unsatisfying



Thank you



- Discovery Chat is available for anyone wondering is a coaching plan is right for you.
- Book through Calendly <https://calendly.com/coachsandyempowerwomen/30min>
- **Positive Intelligence** 6 weeks, app to download, downloadable book, guided meditations in app. Weekly video sessions with author coach Shirizad Chamine. Weekly zoom session with me. **Founders Pricing March, April, May & June \$296**
- **Sage Community:** Optional after 6-week sessions of Positive Intelligence. Weekly coaching sessions, POD community of other PI clients. Support and accountability. 15-minute booster coaching session as requested.. New session begins approximately every 6 weeks **Monthly \$44 No contracts**
- **“Women who wear many hats”** Community Sessions. Ideal for the woman who wants to discuss rotating topics such as overwhelmed, low confidence, boundaries, saying NO to others and YES to yourself. Feeling support rather than judgement. Minimum 5 clients Maximum 20 clients. Enrollment monthly. **\$35 monthly, NO contracts.**
- **One on One Coaching** Limited Number accepted, 6 sessions weekly or biweekly. **\$750 one payment or \$800 4 payments of \$200 each, paid by fourth session.**

You are invited to take the next step.



THANK YOU

Book your discovery call FREE

<https://calendly.com/coachsandyempowerwomen/30min>

Interact with me at Amazing Women on Facebook
<https://www.facebook.com/groups/573730223999647>

Intro to Coach Sandy:
<https://www.dropbox.com/s/hdjfk2nygagx42y/Coach%20Sandy%20Intro.mp4?dl=0>

<https://www.youtube.com/channel/UCQp9d59RRTpAIpN5LIPDmVQ>

- In 2020 when the world went topsy turvy, I realized I needed to step into the group coaching arena, I have recently added Positive Intelligence, and returned to my one-on-one coaching as well.
- My target clients are women in the *Mid-Season of Life, and Women who wear many hats*. I believe these women are the glue that will pull us all back together. I daily see their pain, their sense of overwhelm, their days of too much to do and not enough appreciation for all the burdens and responsibilities they carry. And most of all for how much of themselves they have lost to caretaking others and juggling career, family and the whole bundle.
- My mission is to work with women to redesign the goddess or wise woman that lives within. To empower her and shine her back to more brilliance than she was when we began our work. My joy comes in watching as they are more empowered, confident and willing to shine. As they shine, they can then share, and my work is expanded. The impact they make will be passed on to our youth.