

5 STEP GUIDE TO CHANGING HABITS



Written By Paul Hamad

TABLE OF CONTENTS

Page 3

ABOUT THE AUTHOR

Page 4

WHO IS PAUL HAMAD?

Page 6

INTRODUCTION

Page 7-11

STEPS 1 - 5

Page 12 - 13

FINAL MESSAGE

Page 14 - 15

COACHES CHANGE LIVES

About the Author

I've been where many of you are right now. I was living a life that didn't fit me, unhappy, yearning for deeper satisfaction, and in desperate need of a transformation. Problem was, I didn't have even the vaguest clue how to make it happen.

It all started after high school, when I opted to join the family bathroom renovation business in lieu of going to University. This was my first mistake. Instead of forging my own path, I chose the path of least resistance...the easy option. Bathroom Renovations satisfied me in some ways, but never for long. I enjoyed the money, and although I had no passion for construction, I enjoyed making customers happy. I spent 12 years there, growing ever more dissatisfied as the days turned into years and the years into a decade. Time was flying by, but nothing ever seemed to change. I woke up one morning and realised I wasn't yet 30, but already I was stalled out, in a rut and going nowhere fast. In 2007 I decided to leave the family business; it was one of the hardest decisions of my life. I felt lost, but I also felt incredibly, gloriously free. And – for the first time in too long – I felt like I was finally in control of my life.

I still wasn't sure what I wanted to do professionally, but I knew that I enjoyed sports and physical fitness. So, I turned those hobbies into a career. I started my own personal training business, coached at several local high schools, and coached a weekend Rugby League team.

And that's what led me here: I'm happy – I have a wonderful wife, I get to do work that I love, and I help people just like you master their own journeys. I believe with all my heart in the transformative power of coaching and mentoring; I've seen for myself how it can change lives, mine included. Life is finally where I want it, because I finally took the time to slow down, take stock, and muster the discipline to build a strong foundation. I can help you do the same.

I'm a big-hearted and enthusiastic fan of life; I believe in being productive and staying true to my convictions. I'm not a conventional thinker. I look for out-of-the-box solutions, because I think it takes genuine creativity to tackle some of life's more complex issues. I'm blessed to be in the position to help others, and it's an honour and privilege I treasure.

I hope you give me the opportunity to help you.



Who is Paul Hamad?



Who is Paul Hamad?

Paul has experienced first-hand the journey of finding out who he is, what his life purpose is, and what he wants from life – evolving from feeling lost and aimless to taking back control and forging a rewarding life on his own terms.

Paul has had a varied career path to come to this point, and now has formal diploma qualifications in Fitness, Sports Management, and Life Coaching. He is a professional with a boundless passion for helping others to be their very best selves to get the most out of life.



“Procrastination is the bad habit of putting off until the day after tomorrow what should have been done the day before yesterday.”

Napoleon Hill

INTRODUCTION

Habits are the underlying driving force of either success or failure and— greatness or mediocrity.

Studies have shown that more than 40% of our daily decision-making processes are unconsciously driven by our habits. In other words, our habits literally create our reality.

There is a good reason why the popular best-selling book, '7 habits of highly effective people' (audiobook) has sold over 25 million copies in 40 languages worldwide. It's a timeless book that highlights a very important truth — if you can change your habits, you can change your life.

Let's begin to explore some of the most effective strategies to build new habits that will help you improve your health, productivity and ultimately achieve your goals.

Step 1

Focus on The Big Picture

The first step in building new habits that last is by simply taking a step back and refocusing on your big picture.

In other words, what is your long-term goal? If for example, you want to build a new habit of writing every day, your big picture could be that you see yourself in the future as a New York Best Selling Author.

One effective way to focus on the big picture is by simply visualizing your end goal every day. There have been some fascinating studies showing that ‘abstract thinking’ can help you develop the necessary willpower and self-discipline to build and sustain new habits. There’s a caveat though.

To avoid mindless daydreaming, the visualisation exercises should be paired with an actionable plan and a ‘why’ driven by intrinsic motivation i.e. desire for internal rather than external rewards.

A powerful question to ask yourself is... Why do I want to build this new habit?

Take some time to really think about your driving motivation or ‘why’ behind this desire to create the new habit. Once you’ve established your core reason, think about how you could create more ‘intrinsic’ motivators behind it—then create an actionable plan to take action.

By focusing on a big picture goal with a strong ‘why’ paired and an effective action plan, you can create and sustain your new habit.

Step 2

Start Small...Really Small

The biggest challenge with building a new habit is that it can take up so much energy and willpower. The worst thing you can do is dive into the deep end and — make a massive commitment straight away.

This is a silly mistake I've personally made over and over again. For example, recently I listened to a successful entrepreneur on a podcast mention that the key to his success was his habit of reading a book a day.

So what did I do?

Full of excitement and enthusiasm, I made a quick decision that I would commit to reading at least 20 pages everyday **facepalm.**

In short, I only managed to sustain this for a week and then I finally gave up.

To make these habits work, as an example, if you want to build a new reading habit, you can begin by reading just one page everyday— It's really that simple.

Once the 'tiny habit' goes on autopilot, you can then gradually increase the number of pages you read daily.

Look back on the habits you've been struggling to build, how can you make them small enough to take effortless action towards.

Step 3

Get Back Up A.S.A.P

We have a natural tendency to give up on a new habit especially after we fail to take action or make a mistake.

Particularly, in the very early stages of creating a new habit, your mind will find any possible excuse to abandon ship and revert back to your old habits.

As an example, a recent experiment on this tendency showed that participants who *thought* they had eaten more than their daily diet calories, later overindulged in eating even more food.

Personally, I still struggle with consistently reading everyday, I tend to fall asleep, but whenever I miss a day or two I always make sure to get back up quickly.

Instead of dwelling on your mistakes, focus on all the great moments you actually stuck to and followed through on the habit. Practicing self compassion can go a long way.

Just like a baby learning to walk, building habits takes time, patience and persistence through failure.

Step 4

Piggyback Off Old Habits

Instead of wasting a boatload of energy and time creating a new habit from scratch, you could instead piggyback off old habits.

For example, when I first picked up a new habit of playing the guitar, i simply ‘stacked’ this on top of my old habit of watching comedy shows on my laptop after coming home from work.

As soon as the comedy show would begin playing, I would grab my acoustic guitar and start practicing. Since then, I’ve maintained a regular habit of playing the guitar for almost five years till date.

This idea of ‘stacking’ habits on top of each other follows the simple technique below:

After I [EXISTING HABIT] I will immediately [NEW HABIT]

You can use this to build new habits.

For example,

- *After I wake up* **I will stretch for 10 minutes**
- *After I open my laptop* **I will write two paragraphs**
- *After I finish a meal* **I will drink two glasses of water**
- And so on

The best part about this is that once you build a new habit, you can then ‘stack’ another one on top of this and so on.

It’s like riding a wave, you use the momentum from old habits to drive the creation of the new one.

Step 5

Use Special events as Motivation

Have you ever seen a soon to be newly wed workout? You would think they were training for the Olympics.

In the past, they may have been a lazy about exercising—but as soon as the wedding ceremony date is round the corner, exercise all of a sudden becomes a priority. They watch their diet carefully, invest in expensive personal trainers and training programmes, up to 75 percent of our personal motivation towards achievement may be driven by the rewards we perceive are at stake.

The soon to be newlyweds have invested so much into their dream wedding— the worst thing that could happen is they don't look their best on that day. The Incentive is the driving motivation for building their new habit of exercising regularly.

In your own life, you may notice several examples of incentives as a driving force for your habits. For example, if you are a full-time employee, my guess is you show up at least five days a week to the same office location, same desk and same tasks.

You may not like your job or boss, but you show up anyway—because if you don't the negative consequence will be that you get fired and lose your financial stability.

By using 'incentives' you keep yourself accountable, stick to new habits and tap into a core driving force behind human motivation— to avoid pain at all costs.

“The world ain’t all sunshine and rainbows. It is a very mean and nasty place and it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is going to hit as hard as life. But it ain’t how hard you hit; it’s about how hard you can get hit, and keep moving forward. How much you can take, and keep moving forward. That’s how winning is done. Now, if you know what you’re worth, then go out and get what you’re worth. But you gotta be willing to take the hit, and not pointing fingers saying you ain’t where you are because of him, or her, or anybody. Cowards do that and that ain’t you. You’re better than that!”

Rocky Balboa

FINAL MESSAGE

I hope you use these 5 Steps. I know they work, because I've used them.

If you have questions or need help, please reach out to me. As a Life Coach, helping people like you achieve better, more fulfilling lives is what I do every single day. I can give you the guidance, support, and techniques for success.

I believe in you. You *can* live a better life. Not someday. *Now*.

Just remember, no matter what...*keep moving forward*.

That's how winning is done.

Paul Hamad Life Coach



Coaches Change Lives

Anybody who's ever been coached on a sports team know this: the coach makes all the difference. A good coach can change a game. A *great* coach can change a life.

Are you ready to change your life? **You can do it!** I *know* it. **I believe each one of us has the power to change our lives any time we decide to do so.**

But it's not easy. You must be singularly committed, for the long haul.

The great news is this: You don't have to carry that burden on your own.

The distance between your dreams and reality is ACTION. And as a life coach, I can help you **take action now** to make positive change that improves your life, starting today. I coach people like you every day through issues related to:

- Self Esteem and Confidence
- Living your Purpose
- Relationships
- Motivation
- Work-Life Balance
- Prioritisation
- Setting Career Goals
- Educational Goals
- Health, Fitness, and Wellbeing
- Procrastination and Productivity
- Work Performance
- Mentoring

Your better life is waiting. Are you ready to claim it?

[SIGN UP FOR A FREE 30 MINUTE SESSION](#)

[OR VISIT WWW.PAULHAMADLIFECOACH.COM.AU](http://www.paulhamadlifecoach.com.au)





Copyright © 2018 by Paul Hamad

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

Printed in Sydney, Australia

www.paulhamadlifecoach.com.au

DISCLAIMER

The information provided within this eBook is for general informational purposes only. While we try to keep the information up-to-date and correct, there are no representations or warranties, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services, or related graphics contained in this eBook for any purpose. Any use of this information is at your own risk.

The methods describe within this eBook are the author's personal thoughts. They are not intended to be a definitive set of instructions for this project. You may discover there are other methods and materials to accomplish the same end result.