



How to Quit Any Bad Habits

Simple, effective, and clear step-by-step instructions to quitting any bad habits and living a better life.

This report has everything to do with quitting. If you've got a bad habit that's been holding you back and rendering you ineffective in the work place or causing problems in your personal life, follow these steps laid out below and you will start to see the results and live a better life. Get the promotion you've always wanted, earn more money in your current position, have a better relationship with your family and your loved ones, maybe even start a new career. The possibilities are endless.

Now I can get into the details of why we humans have habits and a set of behaviours that we revert to over and over again; I can tell you all about the science behind my method and why this is going to work for you; I can also give you blow-by-blow analysis on why your previous attempts at quitting these habits had NOT worked. But I suspect no one really cares why there is a problem. What's useful to people is how to solve the problem. Right?

Just trust me when I tell you, this works. I've been through the struggles, I've felt what you are feeling now, and I've thought the same

“Nothing can stop the man with the right mental attitude from achieving his goals; nothing can help the man with the wrong mental attitude.

– Thomas Jefferson

sceptical thoughts that you are thinking now. It doesn't matter. This method works.

Step One: Create A New Habit

This may seem counter-intuitive. You are asking me silently: “What? I'm trying to quit something here. I don't want a new habit!?”

Now we humans are creatures of habit. You have now built this bad habit into your life, and it just happened without you consciously thinking about it. After a meal you automatically go out for a cigarette; with a movie you automatically get popcorn and candy; when you get bored you automatically reach for something to nibble on, and you eat the whole bag/packet of something without even noticing, right? We operate on autopilots all the time, in order to reserve energy. There isn't much we can do to change that. That's just how we are designed. But we can take advantage of this autopilot system and build a new habit to replace the old one, instead of leaving the slot empty.

Think about something that you enjoy doing but don't really have time to do. Can this be done in short time slots? Design it in a way that this can fit in with your daily routine. If this isn't possible, make it a weekly routine and dedicate a certain amount of time to it. Make sure that this thing is not related to the bad habit.

Step Two: Find An Accountability Partner

Remove yourself (temporarily) from people and situations that cause you to go back to your bad habits. If someone around you is doing the thing you want to quit, excuse yourself and leave. Don't hang out with friends and family members who still do this thing on a regular basis, or dismiss your efforts to quit. Do this for 60 days. Right now your habit hasn't been established so you want to focus on creating an environment for yourself that will set you up for better chance of success. Once you feel that the habit has been established, you can go back to hanging out with these people, and you will notice that you no longer crave the same bad habit. Make sure you distance yourself for at least 60 days before re-immersing yourself into the old environment.

Find someone who is on the same mission, or someone who is very supportive of your mission to quit the bad habit. Get that person to remind you daily and meet up with you regularly to strengthen your will power and belief in yourself. Surround yourself with people who also do the new thing that you want to establish as your habit. It will become natural to you to start doing it too. And you will get tips and insights from people who have been where you are now. You'll be surprised how much people know and want to share with you.

The man who think he can and the man who thinks he can't are both right.

—Henry Ford

Step Three: Do the New Thing For 60 Consecutive Days

Create a wall chart for this new habit. State very clearly what you want to do and declare that you will do it every day. Write the start date on the wall chart. It's very important that you do this for 60 consecutive days and tick off the box at the end of every day. If you slip up and go back to your old habit, you must tear off the wall chart and start a new one, with a new start date.

Below is a chart I created which works wonders.

You can print it out and stick it on the wall where you can see it every day.

You are also welcome to create your own charts and make it more colourful. The more you look at it each day, the more effective it will be as a reminder of your endeavour.

The journal of a thousand miles starts with one step.

—Chinese Proverb

Step Four: Reward Yourself for Sticking To Your Goal

Set up a reward system to reward yourself regularly. If what you enjoy doing can be done in a relatively short time period, you can consider doing it every time you manage to avoid the bad habit and replace it with the new one. If this reward requires more time and is more elaborate, then schedule it daily or even weekly. Schedule enough time to do this and make sure that you are not in a hurry. Thoroughly enjoy this activity.

One note: this reward must have absolutely nothing to do with the bad habit you are in the process of quitting. E.g. if you are quitting smoking, reward yourself with a trip to the beach at weekends and take 3 hours to enjoy the seaside activities; if you are quitting procrastination, reward yourself with a dinner out with your loved ones.

Suggestions for rewards:

Monthly Reward	Bi-Weekly Reward	Weekly Reward	Daily Reward
Dinner in a nice restaurant	Dinner in a nice restaurant	massage	Smiley face in the wall chart
Piece of jewellery	Trip to the beach/ botanic garden	Night out with friends	A mental self high-five
New outfit	Spa day	Lunch with friends	Organic berries
Weekend away out of the city	New computer game	Organic berries	A walk in the park

If we did all the things we are capable of doing, we would literally astonish ourselves.

—Thomas Edison

Step Five: Do the New Thing for Another 30 Days and Notice How Much Easier It is now

It's been scientifically proven that a new habit needs between 42 and 66 days to take root for each person. Some find it easier, others a little more challenging.

The trick to doing this is just not giving yourself any excuses. It gets easier over time, it's only the start that's hard. Think about the internal combustion engine in a vehicle. It burns a huge amount of fuel in order to get the vehicle from stationary to moving, but once it's already moving it takes a very small amount of fuel to keep it going. It's the same with us humans when we establish a new habit. Everything gets easier over time.

After 60 days of performing this new habit you will see clearly that it's so much easier to stick to the habit. These final 30 days are there to strengthen the new habit and firmly establish it in your life. You will naturally perform this new habit from then on.

Step Six: Refer to Yourself as the Person Who Has the New Habit

Speak about this old habit in a way that conveys your success. If you are quitting smoking, refer to yourself as a 'non-smoker'. If you are quitting alcohol you refer to yourself as a 'non-drinker'.

Say affirmations daily and use the 'person' terms rather than 'action' terms. In other words, you say you are a 'non-smoker' rather than you 'don't smoke'.

There is serious psychology behind this. But for now, what's beneficial is just to do what's been proven effective, rather than to earn a PHD in the subject. Trust me. This works!

Here's a list of affirmations you can use daily to strengthen your faith and belief in yourself:

-  I am a non-drinker (non-smoker, go-getter, action-taker, vegan, etc)
-  I am stronger than my fears and excuses
-  I now live in a healthy body, because of my healthy living habits
-  I enjoy the abundant energy my healthy lifestyle gives me
-  I look and feel amazing
-  I inspire others to quit their bad habits through my example
-  I love my new habits and I thoroughly enjoy them

 It is so easy and natural for me to stick to my new habits

 I can do anything I put my mind to

 I release the past with its good and bad decisions and I embrace the present

Say your affirmations out loud every day. It's best to find a private place where you will not be disturbed and interrupted. Do this first thing in the morning by waking up 10 minutes earlier than normal and taking the time to really feel the feelings of a person for whom the statements are true

Final Notes and Pitfalls to Avoid

★ Establishing a new habit and replacing an old one takes time, dedication, and a lot of work. Do not attempt to change more than one thing at a time. Go through the programme diligently over the next 90 days and make sure it sticks before you move on to changing another bad habit. There's plenty of time to improve all of your habits, but don't bite off more than you can chew.

One of the most common reasons why people fail to quit their bad habits is they change too many things at the same time and do it on pure will power. It's a recipe for disaster! Set yourself up for success by following my tried and tested methods and going through the steps properly. Use the wall chart I've provided or design your own. Whatever works for you. But there are no shortcuts. If you are building a house that you want to withstand the test of time, you need to wait for the concrete to dry after pouring each layer. Rushing through the procedures will cause your house to collapse in the future!

- ★ Don't try to explain your decision to anybody who doesn't wholeheartedly support you. Inform them of your decision and that's it. It's not negotiable and you are not asking them for permission to live your life your way.
- ★ Don't hang out with people who still have the same bad habits until you are ready. Don't even attempt this during your first 60 days. You might lose some contacts because of this. But think about this carefully: if someone brings out the worst in you and keeps you stuck on the bad habits, living your life well below your potential, then why do you want to hang out with them?
- ★ Don't doubt your ability to complete this program. You can absolutely do this. You are much stronger and more capable than you give yourself credit for. Believe in yourself and leave no room for failure.

I believe in you! Get ready to live your best life and shed any baggage that's holding you back, right now!

Check out my website www.abtoday.com for more resources and information. Coaching packages are available if you require some help with completing this program. Best of luck with everything!

What I want for my life, I want for everybody.