



BREAKING BAD HABITS

Bad habits are often formed when one activity becomes associated with another. Often, we are not even aware of the associations being made until they are well-ingrained. That's when we start hearing ourselves say: "I wish I didn't do that!"

Focussing on the unwanted, habitual behaviour, means that we are destined to repeat it. If I say to you 'do not think of a purple elephant', you cannot help but conjure up an image of a purple elephant, in order to then not think of it.

So, how can we change an unwanted, habitual behaviour to something more useful?

First we must identify when we engage in the unwanted habit: What are the triggers that tell you it is time to start that habitual behaviour? If you are not consciously aware of them, keep a diary for a week and record, for yourself, what happened in the moments leading up to the undesired, habitual behaviour.

Then, we can start to think about what we do want. What would you like to do instead of that habitual behaviour? What would be more useful to you? Sometimes, the very act of thinking this through is sufficient to change from the unwanted habitual behaviour to that something more useful for you. However, we can strengthen the pathway (to the new, desired behaviour), by the use of positive affirmations, visualisations, positive self talk, self-hypnosis. Finally, it is useful to plan for setbacks. By planning for setbacks, and resolving how to handle them, we are further strengthening the pathway to the new, desired behaviours. And, before we know it, we will have automated a new habitual behaviour, one that is more useful to us.

This approach is equally effective for quitting smoking as it is for stopping nail-biting and other unwanted habits. So, what are you doing to change your undesired, habitual behaviours, today?



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FOOD FOR THOUGHT

In *How to Lose Friends and Infuriate People*, Jonar Nader invites us to stand upon the balcony of eternity, looking at the wonders of Earth below. The 'Spirit-Superior' chooses only 10% of 'spirits' to come down and experience life on Earth. So, each spirit vies for position, promising to make maximum use of their time on Earth.

However, not all keep their word once here. If we are part of the lucky 10%, we can take the opportunity to 'take stock' and ask ourselves whether we are making maximum use of our time here. We can ask ourselves whether we are taking the time to smell the roses, fulfill our childhood dreams and realise our potentials.

Rachel is available for public speaking engagements in:

- career related issues (eg., job hunting skills, resumes, covering letters, interviews, key transferable skills, staying employABLE, women's issues, career change or transition issues, issues for older workers, and mentoring)
- setting career/personal goals
- managing stress
- hypnosis and self-hypnosis
- managing anxiety (eg., public speaking, exam, interviews, sales presentations).

If you would like Rachel to speak before your audience, please contact her on 9578 9077 during normal business hours.

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