



A simple, practical, guaranteed program to get you moving forward on your goals!

21DayHabitChange.com

Welcome to 21DayHabitChange.com!

You've just made a great decision to get past what's been holding you back and break through the inertia that's been keeping you in place. Congratulations!

Let's get started.

The most important thing to remember is that 21DayHabitChange.com exists to empower you to do what you already know you need to do. It's an honest program based on the core belief that you're already capable of moving forward; you've just been getting sidetracked or overwhelmed.

For the next 3 weeks, we're here to give you the focus and support — as well as some insights — to allow you keep what matters to you in the forefront of your thoughts so you really will start to get past that “blockage.” Of course, we're functioning under the belief that “This Time You Mean It” and you're willing to do some work too. So you've got to do your part, right? That means, you will have to make some changes and figure out how to take about 30 minutes a day for yourself. It doesn't have to be all at once. It can be in small blocks because at 21DayHabitChange.com — part of what makes us unique is, unlike others, we're not focusing on big, long-term, complicated, change-your-entire-life, and adjustments. No, instead, we're all about making small changes and making them stick.

So, if you're “inner perfectionist” kicks in and starts to make this too complicated and you get overwhelmed, make it smaller.

Thought to remember:



What you'll need:

1. **A journal to write down thoughts, feelings, observations.** It doesn't need to be anything fancy; it can be a yellow pad or a spiral notebook. What matters most is that you keep it near you. Don't worry if you're not a writer, no one is going to read it except you. However, studies show that people who track what they're doing are more successful – and *you do want to be successful, right?*
2. **About 5 or 10 minutes in the morning to determine the one thing you'll do that day.** Every morning, even if it's while lying in bed, determine the ONE thing you want to accomplish that day. Make it small. Make it measurable. Write it in your journal. (We'll go deeper into this concept later in the 21 days.)
3. **About 5 minutes at the end of the day to determine what worked and what got in your way** (which you'll write in your journal). Obstacles happen. Successful people hit barriers too; the difference is they then figure out what they can do to overcome them in the future. You have not failed if you made a mistake, *providing* you admit it and learn from it. Also, you will start to notice that you will probably make the same mistakes over and over – as opposed to slipping up with a whole bunch of different mistakes. If you can identify the top 2 or 3 barriers to success and get past them, you are 80% of the way there!
4. **No more than five or ten minutes each day to listen to "The Daily 21."** This is an audio or video email from me. Each topic is dedicated to taking you further down the path to success and empowering you to be more of whom you wish to be. Save these to a file on your computer so you can go over them repeatedly. They will be simple, easy steps. (Suggestion: Once you've completed 21DayHabitChange.com, burn all the audio files to a CD and listen to them while in your car to stay motivated!)
5. **Possibly the most important thing you will need to do is check in every day.** This will take you only a couple of minutes but it's absolutely essential to your success. You'll receive a link to a special webpage. Answer the few questions, which you will probably be able to do in only a few seconds if you've done steps #1-#4 above.)
6. **Plan to join us on "Call 21" twice a week.** These are our bi-weekly 21-minute conference calls. You'll be able to sit quietly and listen, or ask questions if you want. Get support if you need it. Offer it if you have it. (If the calls are inconveniently timed for you – don't worry, you'll get a recording of each call and you can listen to it at your convenience.)



Are You Ready? Do you "really" mean it?

OK, here's we go!

1. The first thing is get clarity.

I realize that you're probably pretty focused already but the narrower we can make the objective, the more likely we'll be successful. After all, the number one reason most people don't get what they want from themselves is they don't define it as clearly as necessary. **That's what we're going to do first.**

So, to do that, you're going to need a few minutes of solitude.

I'm not talking about a lot of time but I am talking about **today** (because the videos and audio emails will be starting tomorrow). All you need to do is carve out about 15 minutes (more if you can) to be alone. It might be difficult to find even that much time but, another reason we don't achieve our goals is that we don't make ourselves a priority.

If you feel guilty about taking care of yourself, remember, you have a lot of folks depending on you. If you don't take care of you – and some thing happens – who will take care of them. You owe this time not only to yourself but also to everyone who depends on you.

It is absolutely urgent you take this time, OK?

During those few minutes, try and clear your mind of everything you need to do and simply ask yourself one question:

"Three weeks from today what would have to happen for me to feel I was really moving forward?"

Make it specific – make sure it has a number attached to it. For example, "I want to stop eating so much" is NOT a good goal. However, "I want to limit myself to 2,000 calories a day," or "I want to stop eating at 7:30PM," or "I want to walk 10 minutes a day" are excellent goals.

Think about your goal – but remember, it's only 21 days. Don't set yourself up for disappointment by picking an unrealistic expectation such as "lose 10 pounds" or "pay down all my credit cards."

Take the time it takes to come to clarity with that vision. Focus on how you will feel about it. Really let it sink in.

Then, write that down.

You're on you're way!

2) Next, identify what has to occur for your goal to happen.

Remember, “stuff” happens.

It’s our job to figure out a way around it. The best way to do that is to try and understand what might get in our way and make some plans.

So, for example, if your goal is to walk X minutes a day, some of what you would have to do might be:

- Have comfortable walking shoes
- Make them accessible (i.e., by the door, not in the rear of the closet)
- Put a 15-minute block of time into your calendar
- Have a jacket or coat in case the weather gets bad
- Identify a course you’ll walk
- Tell your family you need the time to do this

These might not be appropriate for you and you might not need them all, but as they say:

“Failure to plan is planning to fail.”

3) Determine if the steps above are truly within your control.

Too often, we “fall down” because our goals are not within our control or “self contained.” It’s wonderful if others will help us or “if the world cooperates,” but if those are required components of our goal, we’re putting our goal at risk.

Again, as example, if one of the steps above is “get my spouse to take a walk with me,” and he or she does not want to go, your goal is at risk. A good way to determine if your steps are within your control is to ask yourself, “Can I do (this step) even if no one else is around to help me?” If the answer is “yes,” it’s self-contained. If the answer is “no,” “maybe,” or “I don’t know;” you need to change it.

Once you have determined that each step is indeed in your control...

4) Ask yourself “Will I really do these steps?”

Don’t fool yourself. Be honest. If you’re not ready to do the steps you’ve outlined, it’s because:

- You’re not ready
- You don’t know how
- You don’t believe

In that case, you’re choosing too big of a goal. So, break it down into something smaller.

Remember the concept of “Think 1st”

- Pick **1** Thing
- Make it **S**mall
- Focus on **T**oday only



How will you know when it’s small enough?

When you’re able to say “Yes, I really will do this?”

How will you know if it’s too small?

It doesn’t involving any change.

That’s it! Get ready to change!

If you need to get in touch, my contact information is below. I’m honored to be able to help out.

Scott “Q” Marcus

CRP, www.ThisTimeIMeanIt.com

Founder, 21DayHabitChange.com

