



CHANGING YOUR  
HABITS ... USING THE  
CREATING FRESH LIFE  
HABITS FORMULA





## Copyright Notice

Copyright © 2016 by Samantha Wyatt, Fresh Life Journeys and The Fresh Life Internal Makeover Journey, 6 Week Clean Eating Program. Licensed and operated through MERR Solutions Pty Ltd. All rights reserved.

No part of this publication may be reproduced or distributed in any form or by any means. Duplicating, sharing, or uploading product files to sharing sites is considered stealing.

All content and other media found in The Fresh Life Internal Makeover Journey Program is protected by copyright, and other intellectual property laws. This content is provided solely for your personal, noncommercial use. You may not use the content in a manner that constitutes an infringement of our rights or that has not been authorised by us. More specifically, unless explicitly authorised in these Terms of Service or by the owner of the materials, you may not modify, copy, reproduce, republish, upload, post, transmit, translate, sell, create derivative works, exploit, or distribute in any manner or medium (including by email or other electronic means) any material, media and or content found on The Fresh Life Internal Makeover Journey Program membership website, or related web pages. You may, however, from time to time, download and/or print one copy of individual pages of the content for your personal, noncommercial use, provided that you keep intact all copyright and other proprietary notices.

Please note that much of this publication is based on personal experience and anecdotal evidence.

Although the author (Samantha Wyatt) made every reasonable attempt to achieve complete accuracy of the content in this Guide, they assume no responsibility for errors or omissions. Also, you should use this information as you see fit, and at your own risk. Your particular situation, health or other, may not be exactly suited to the examples and content shared here; in fact, it's likely that they won't be the same, and you should adjust your use of the information and recommendations accordingly.

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners, and are used only for reference. There is no implied endorsement if we use one of these terms. Finally, all publishings, media and other content is not intended to replace your own judgement, nor should it replace legal, medical or other professional advice. It is meant to inform, inspire and entertain the reader.



“WE ARE WHAT WE REPEATEDLY DO.”

- Aristotle

## A FRESH LIFE HABITS FORMULA

As you know, I put lots of love and thought into this Program, and worked really hard to make sure that your **Fresh Life Internal Makeover Journey** helps you create your best possible results.

One of the really awesome things that happened as I was writing this Program for you was finding reference to the formula I have been using to change my own habits since early 2012, and which I believe to be the best method for helping bring about long lasting changes and establishing new health enhancing behaviours in one's life.

As you know this Program is based on my own personal Journey, so intuitively, I was changing habits based on my own formula, and then recognised how well it was working for me and kept using it to add more and more healthy changes. I was able to turn these changes into my now permanent **Fresh Life Habits!**

My **Creating Fresh Life Habits Formula** looks a little like this...

1. One **Fresh Life Baby-step** at a time (one new behaviour or change, added slowly/at your own pace)
2. Repeat that **Fresh Life Baby-step** over and over again for long enough, until it becomes a **Fresh Life Habit...**
3. **ONLY THEN** move onto the next **Fresh Life Baby-step**.





Some conditions needed to be added to make the **Fresh Life Baby-steps** (changes) do-able, like:

1. The **Fresh Life Baby-step** must be small.
2. I must understand why I need to take that **Fresh Life Baby-step**.
3. **Fresh Life Baby-step** must be quick & easy to do/make
4. **Fresh Life Baby-step** must be enjoyable (& delicious)!

The blueprint of the **Fresh Life Internal Makeover Program** has this formula for changing habits at it's very core, and I believe is one of the main reasons why I just know you are going to create fantastic results for yourself.

As long as you apply yourself and use all the tools and info provided to you through this Program, there is no reason why you shouldn't be able to create the results you have always wanted.

Therefore, I am truly excited to share this next little section, which explores the principles on which the **Creating Fresh Life Habits Formula** is based, in a bit more of a 'scientific' way.

PLUS, there is one AWESOME extra tip shared here, that will help you make any new **Fresh Life Habits** you make, stick even faster!

**"DON'T EXPECT DIFFERENT RESULTS,  
IF YOUR HABITS STAY THE SAME"**

- Unknown





## Validation of a Formula (plus some awesome additional insights!)

I came across Dr. BJ Fogg work, when I was looking for some extra info, plus any credible references to support my **Creating Fresh Life Habits Formula**. What he talks about really helps give credible validation on how the formula works, PLUS he talks about a tip that makes it easier to add any new habit to your life - which turns out may be something we may have all intuitively used at some point in our lives, to help us to form habits in the past.

It's quite cool to hear his insights, because it really brings your attention to what works when you are trying to form a new habit.

He also talks about ways to stay encouraged when forming new habits, and to celebrate small wins, which is something I truly believe in. It's why I've created such a focus on our loving and supportive **Fresh Life Community** which I believe to be of the utmost importance as you embark on your Journey. We create more successful results when we staying engage, receive support and encouragement from like-minded friends, and celebrate turning **Fresh Life Baby-steps** into **Fresh Life Habits**.

“BEHAVIOUR IS NOT AS COMPLICATED  
AS MOST PEOPLE THINK”

- Prof. B.J Fogg

Ok, enough mystery, let's see what Dr. Fogg has to share...

In order to bring about big, long-term changes in our lives, we first need to look at what factors cause change.





## Creating long term change

Dr. Fogg says that long-term change (he talks specifically here about health behaviour changes) is achieved in 2 main ways:

1. By changing your environment...

This can include:

- your physical environment (whats around you, your home, work place, etc) - this influences or forces change.
- or your social environment (your family, friends, social activities, people you associate with) - how you are influenced by them, or by what people are doing around you, which causes you to change.

2. By forming Habits!

A habit being an action that is repeated it over and over again until it becomes an automatic action that is just part of your every day lives.

Our environment can change in so many ways, and a lot of the time, we may not necessarily have too much control over it, which is why I prefer to focus on creating habits. We can create, practice and be in control of our own behaviour and habits much more easily than we can be in control of our environments most of the time. I love thinking of being healthy as just a *collection* of **Fresh Life Habits** I use stay healthy, and thinking of it being a 'flexible' collection, meaning I can keep doing all of my habits if my environment permits, or, I can just leave out a few habits here and there if my environment doesn't cater to them.

One of the things Dr. Fogg talks about which I believe to be very true, is that if you try for very big life changes right off the bat, you won't create your desired outcome.

By that he means, if you overwhelm yourself with all the changes you need to make in order to achieve your highest goal, or ultimate desired outcome, all at once, then you are setting yourself up to fail.





Thank you Dr. Fogg for the *scientific* validation!

It's exactly why I believe so many health program don't work. Setting out, very specific, detailed, day-by-day Programs with strict menu plans, that go for long periods of time, which have no flexibility, set many people up for failure. Depending on the person, if there are too many changes that need to be made, the whole thing becomes to much, and can easily cause many to quit before they have even begun.

We need to design for the behaviours that LEAD to our desired outcome. We need to first look at what we want, define what we need to change, and break those changes down into tiny behaviours, or small actionable changes, first.

**"THE BEHAVIOUR YOU'RE SEEING IS  
THE BEHAVIOUR YOU'VE DESIGNED FOR  
(WHETHER INTENTIONAL OR NOT)."**

- Joshua Porter

### **Small changes work best**

Changes repeated become habit. But if the changes are too big and too many, we become easily overwhelmed and we just revert back to old behaviours. So the trick is to make changes small enough so that they are easy enough to do often, which can help make them easier to turn into habits.

It is much easier to implement a small change and repeat that over and over again until it becomes an automatic habit. As Dr. Fogg says, "Tiny changes take root and grow into habits."





Dr. Fogg goes on to say that motivation and will power are only initiators of change. I agree, and we have already talked at length in the previous sections of this Module about how Motivation is just one part of what is needed to help us create permanent Fresh Life changes.

We spoke about the deep emotional motivators in our lives (like your TEMF - True Emotional Motivating Factors we spoke about in the last section of this Module), which are the deep drivers that defines our 'WHY' which gives us the long-term energy and persistence needed to pursue and achieve what we really want for our lives. But motivation doesn't actually physically help us to change and form new habits. Not without some help.

**"MOTIVATION GETS YOU STARTED.  
HABIT KEEPS YOU GOING."**

- Jim Rohn

That help comes in the form of automaticity - the ability to do things without thinking about it (automatic actions)!

Making a change is not the problem, it's creating the automaticity of those changes that takes the work. As Dr. Fogg says, you don't need to train yourself to do a thing, you need to train yourself to make doing that thing, automatic.

The example Dr. Fogg used was flossing. Think about it, it's pretty quick to learn how to floss your teeth, but actually getting into the habit of flossing your teeth morning and night, well that takes some work. We have to keep remembering to floss, day and night, until it becomes a habit.







## Anchor a new habit to an old one

One of the ways we can help even the smallest of changes to ‘take root’ is to introduce and ‘attach’ that change to a pre-existing habit - one you have already had for a while!

If we add the behaviour of flossing our teeth to an already existing habit like brushing our teeth, that existing habit becomes the trigger that reminds you to practise repeating your new behaviour. After a while, every time you go to brush your teeth, you will remember to floss your teeth. Brushing your teeth is the ‘trigger’ for flossing your teeth. No alarm clocks, no post it notes, just an old habit reminding you of a new one.

“PLANT A TINY SEED IN THE RIGHT SPOT, AND IT WILL GROW WITHOUT COAXING”

- Dr. BJ Fogg

This trick is something we have all used in the past without even knowing it - most of us used brushing our teeth as a ‘trigger’ to remind ourselves that we should floss we were first forming that new habit.

I’ve been using ‘triggers’ for ages (it’s only Jul 2015 that I came across Dr. Fogg’s work and discovered he used the word ‘trigger’ to describe it). Early in 2015, I wanted to increase how much water I was drinking during the day. I always used to forget to drink water. I did the post it note thing, I put bottles of water on my desk, but I just kept forgetting. Then I thought about what I did often. Well, I go to the toilet often enough... Boom! Now, every time I need the loo I first down a 300ml/8 fl oz of water. I went from drinking only a couple glasses, to around 2+ litres/quarts of water almost every day now.

Prof. Fogg mentions that he also uses using the loo as a ‘trigger’! He does pushups - he started with 2 pushups after every bathroom visit, and now





routinely does around 8 each time. Says it has helped him to improve his overall fitness.

You can use lots of different triggers to form new habits, like:

- Write up some of your favourite affirmations (or print off some of your beautiful Fresh Life Inspirational Desktops) and put them right next to your bed, so when you wake up, it's the first thing you see, making sure you start every morning 'triggering' positive Fresh Life thoughts!
- When you brush your teeth before bed (TRIGGER!), put all the ingredients you need for tomorrow's healthy smoothie ready for the morning, in a big sealable jar in the fridge.
- Hop on your treadmill with headphones every time you receive a call (TRIGGER!). *Or just arrange all your phone calls and phone meetings at the same time everyday, and go for a walk while you take them - I love doing this!*
- Put some of your Fresh Life Gratitude printouts (or if you have a gratitude journal) on your desk, next to your computer and when you check your emails for the first time each day (TRIGGER!), first write down the 3 things you are most grateful for that day.
- As soon as you come home/finish work (TRIGGER!), throw a selection of fruit and veg in the same bag so it's ready for your morning juice.  
\* ... and you can put your earphones in and listen to some chilled music while you're making juice (TRIGGER!) - that's 10 minutes 'Active Meditation' you might not have usually had time for.  
Daily activities + Relaxing Music = Active Meditation (It's better than no meditating at all!)
- If you work from home and have a laptop, put a box on your desk and your computer on top of it, when your bum gets sore (TRIGGER!) and stand instead of sitting all day while you work (I do this!)



“WE FIRST MAKE OUR HABITS AND THEN  
OUR HABITS MAKE US.”

- John Dryden

### **Celebrate change**

One last step we can take which Dr. Fogg talks about, is to celebrate each time we take action and do our new desired behaviour. We need to praise the process... mmm, where have you heard THAT before? That's right, it's part of your new **Fresh Life Mindset!!** Celebrating our actions helps to cement our new behaviour in until it becomes automatic. Every time our 'triggers' initiate our new behaviours, we **MUST** acknowledge our **AWESOMENESS** for doing so!

“I'M AWESOME” works just fine. I have caught myself using ‘Good Girl’ (am I a puppy? lol!). Whatever works for you, as long as you celebrate your taking/doing the action. Say it out loud. This will help imprint those new desired behaviours and make them a permanent part of your daily life.

“SUCCESSFUL PEOPLE ARE SIMPLY THOSE WITH  
SUCCESSFUL HABITS.”

- Brian Tracy

Ok, so now you have super-duper effective **Creating Fresh Life Habits Formula** to use....





## TAKE ACTION NOW!

### Activity - Use Your Creating Fresh Life Habits Formula

**DO THIS NOW:** Choose a behaviour you would most like to turn into a habit and fill in the Formula below!

- 1) Choose one Fresh Life Baby-step/new behaviour:

\_\_\_\_\_

Ask yourself:

1) Is it small enough?

\_\_\_\_\_

2) Do I understand why I need to do it?

\_\_\_\_\_

3) Is it quick & easy to do/make?

\_\_\_\_\_

4) Is it enjoyable (or delicious)?

\_\_\_\_\_

- 2) Choose a 'trigger' for your Fresh Life Baby-step/new behaviour:

\_\_\_\_\_

Now fill in the blanks:

After I *\_(existing habit)\_* \_\_\_\_\_ ,

I will *\_(new baby-step/behaviour)\_*

\_\_\_\_\_

- 3) Repeat that Fresh Life Baby-step/new behaviour over and over again until it becomes a Fresh Life Habit... tell yourself "I'm Awesome!" every time you repeat it!
- 4) **ONLY THEN** move onto the next Fresh Life Baby-step.





“YOU WILL NEVER CHANGE YOUR LIFE UNTIL YOU CHANGE SOMETHING YOU DO DAILY. THE SECRET OF YOUR SUCCESS IS FOUND IN YOUR DAILY ROUTINE.”

- John C. Maxwell

