

MODULE 4 | LESSON 2

# HACKING YOUR HABITS

Katie Rodriguez, Nutritional Consultant

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# Promises We Make Ourselves

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“Starting Monday I’ll limit my alcohol to 2 drinks per week.”

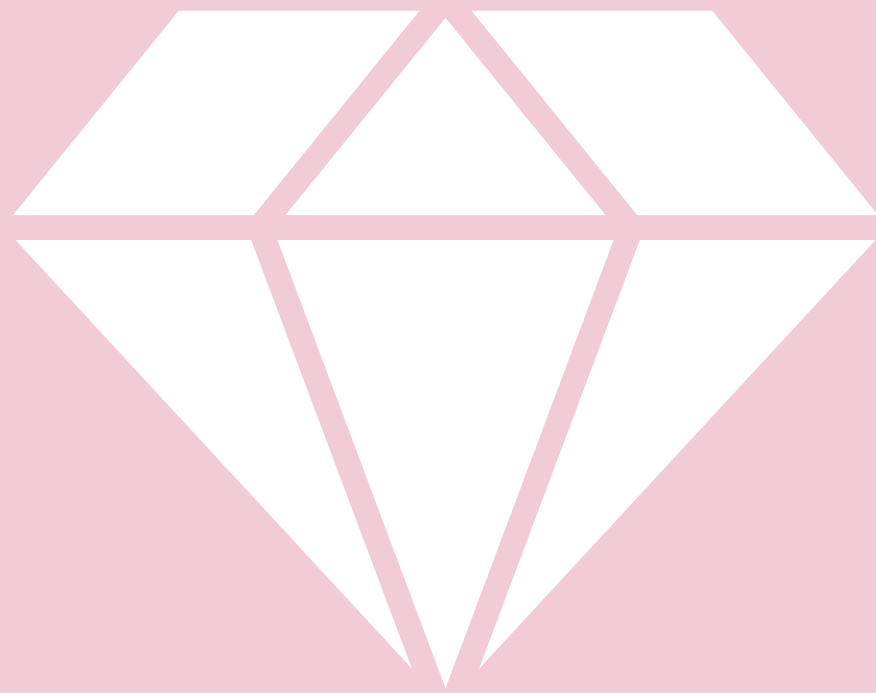
“Next week I’m gonna hit the gym every single day.”

“By this time next month, I’ll have lost 30lbs.”

“Beginning January 1st I’ll go 100% keto.”



HOW MANY TIMES HAVE YOU TRIED  
TO START A NEW HABIT AND  
FAILED?



# DIETARY SECRET TO SUCCESS:

## **Master Habit Hacking!**

The key to ALL success and self-improvement is the one thing we rarely talk about- habits. Making dietary lifestyle changes is all about hacking your habits.



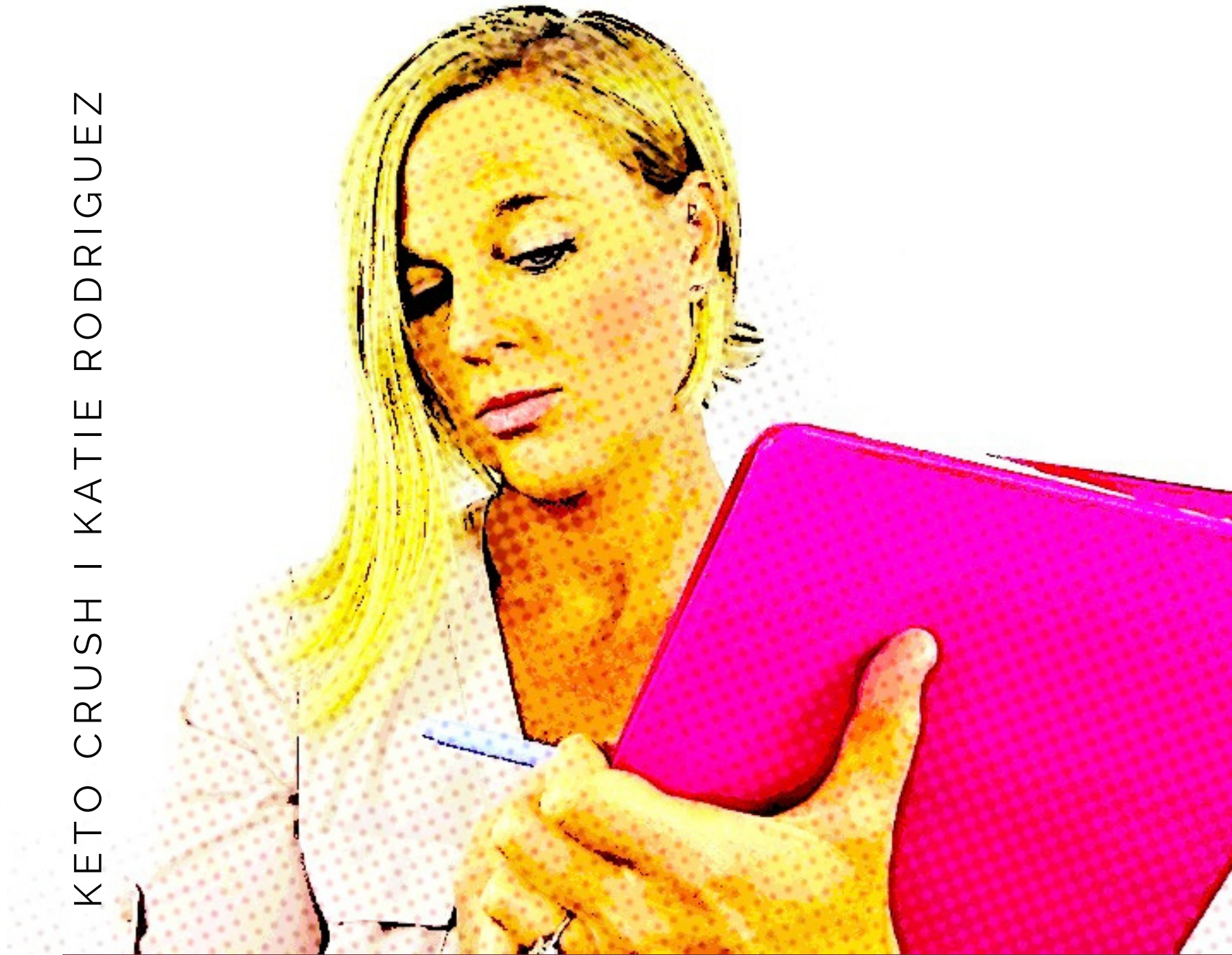


# Power of Habit

## THE 3-STEP STRATEGY TO REROUTING THE HABIT LOOP

According to the New York Times bestseller, *The Power of Habit*, effectively rerouting your habitual patterns involves a simple 3-step strategy.





# Brainstorming

THINK ABOUT SOME HABITS  
THAT YOU'D LIKE TO CHANGE

- Get more sleep
- Drink more water
- Eat out less
- Drink less alcohol
- Eat more green leafy's
- Drink less caffeine

CIRCLE THE MOST IMPORTANT  
HABIT FROM YOUR LIST



# The 3-Step Strategy to Rerouting the Habit Loop

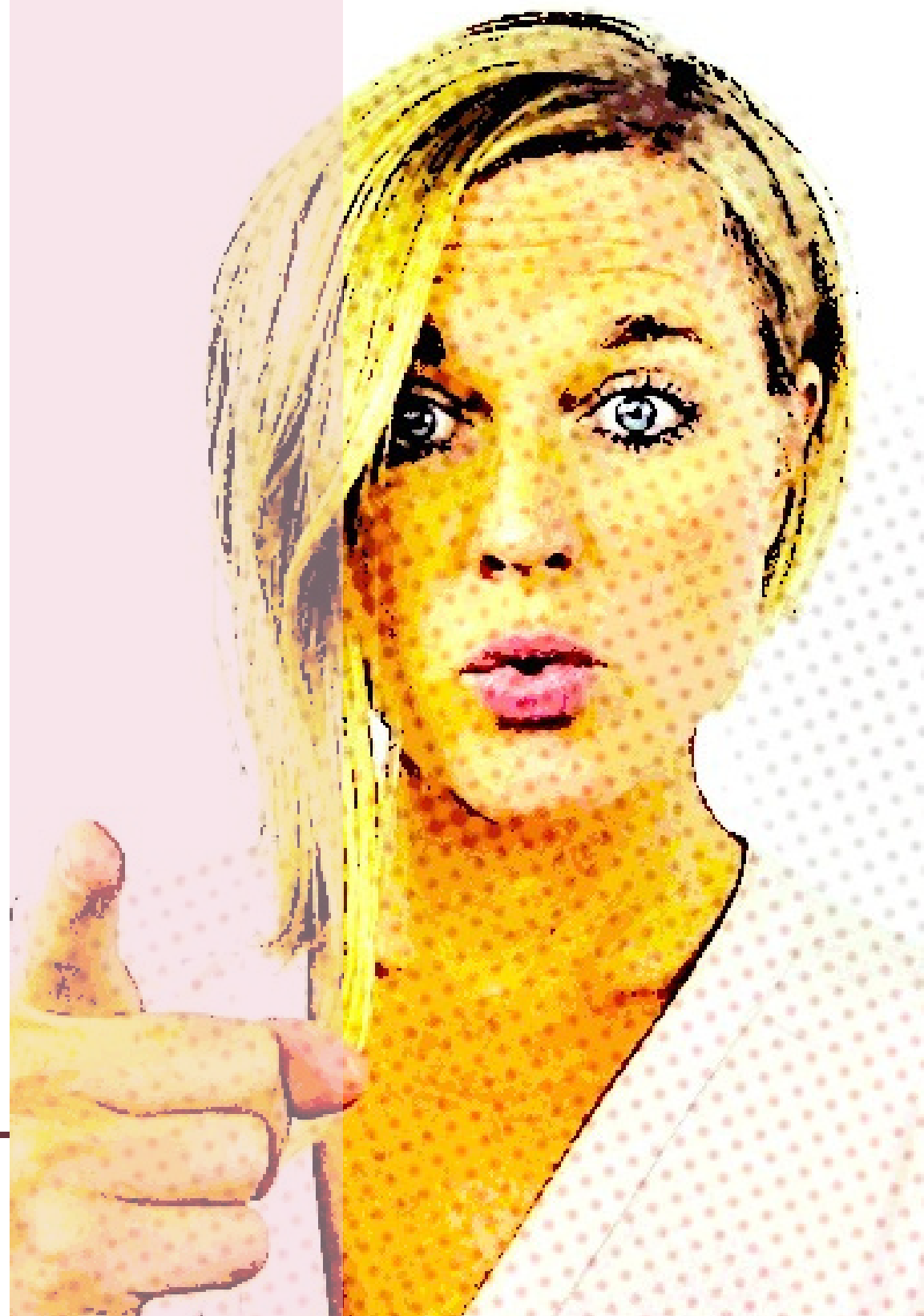
- 1. Identify your trigger**
- 2. Reroute your behavior**
- 3. Reward yourself**



KETO CRUSH | KATIE RODRIGUEZ



# BREAKING A BAD HABIT



# Strategy #1

## Identify Your Trigger

The 3-step strategy begins by identifying your trigger. Get that brainstorming piece of paper back out and begin identifying what specifically triggers that habit.





## **BAD HABIT:** **Drinking too much alcohol**

## **TRIGGER FACTORS:**

- Stress
- Boredom
- After a long day of work
- Friends / social situations
- Partner drinks and wants company
- Driving by the local bar

CHECK IT. SEEK AN OUTSIDE OPINION.





# Strategy #2

## Reroute the Behavior

Once you've identified potential triggers, brainstorm healthy activities to counteract the unhealthy habit.



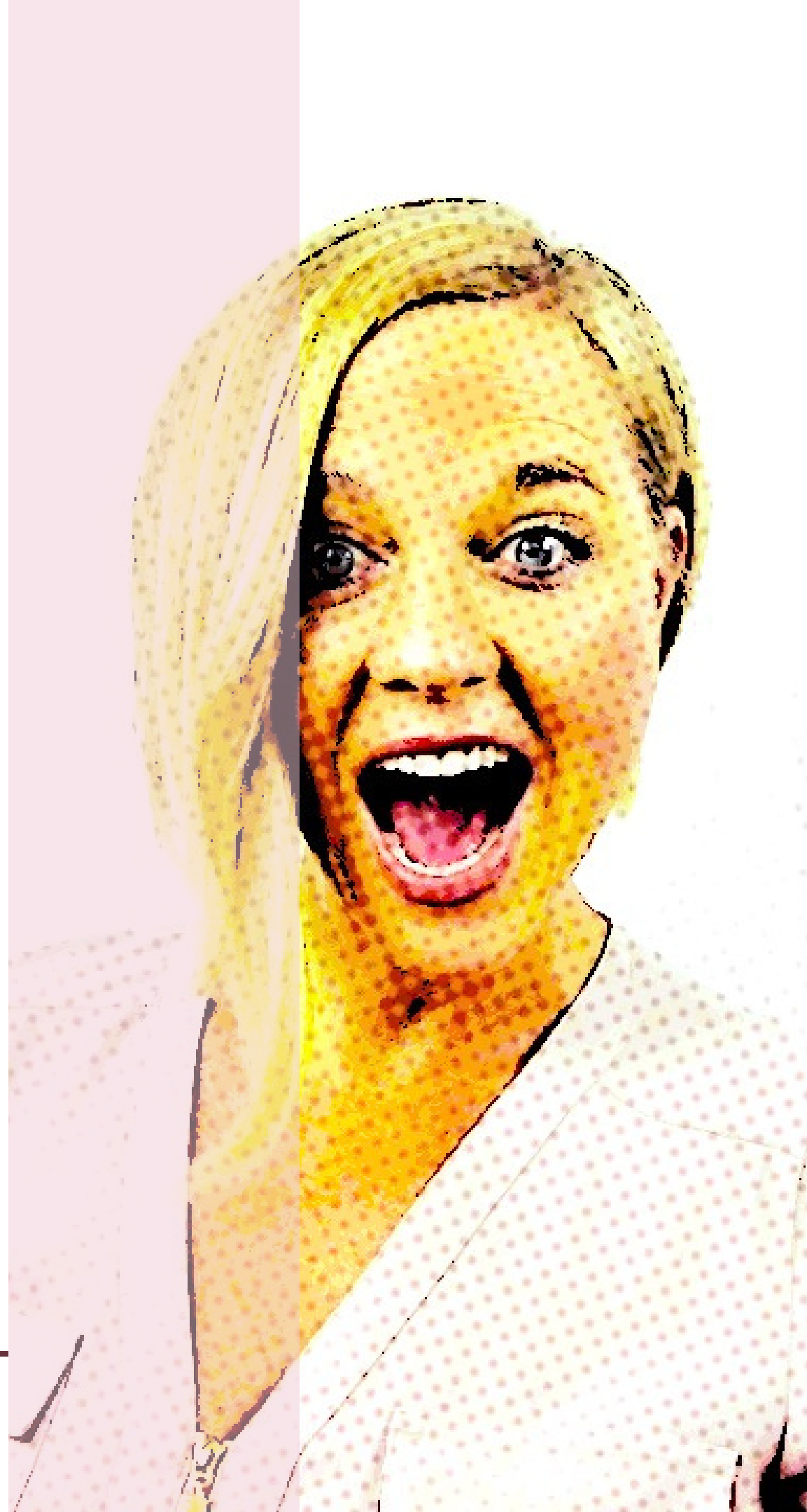
## TRIGGER:

### Stress

## REROUTED BEHAVIOR:

- Meditating
  - Going for a run
  - Reading something inspiring
  - Taking a hammock nap
  - Or swimming in the ocean
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# Strategy #3

## Reward Yourself

Rewards reinforce our dedication to change. Without reward, there is no habit. Even self-sabotaging habits provide a reward.

## **BAD HABIT**

**Drinking Too Much**

## **TRIGGER**

**Stress**

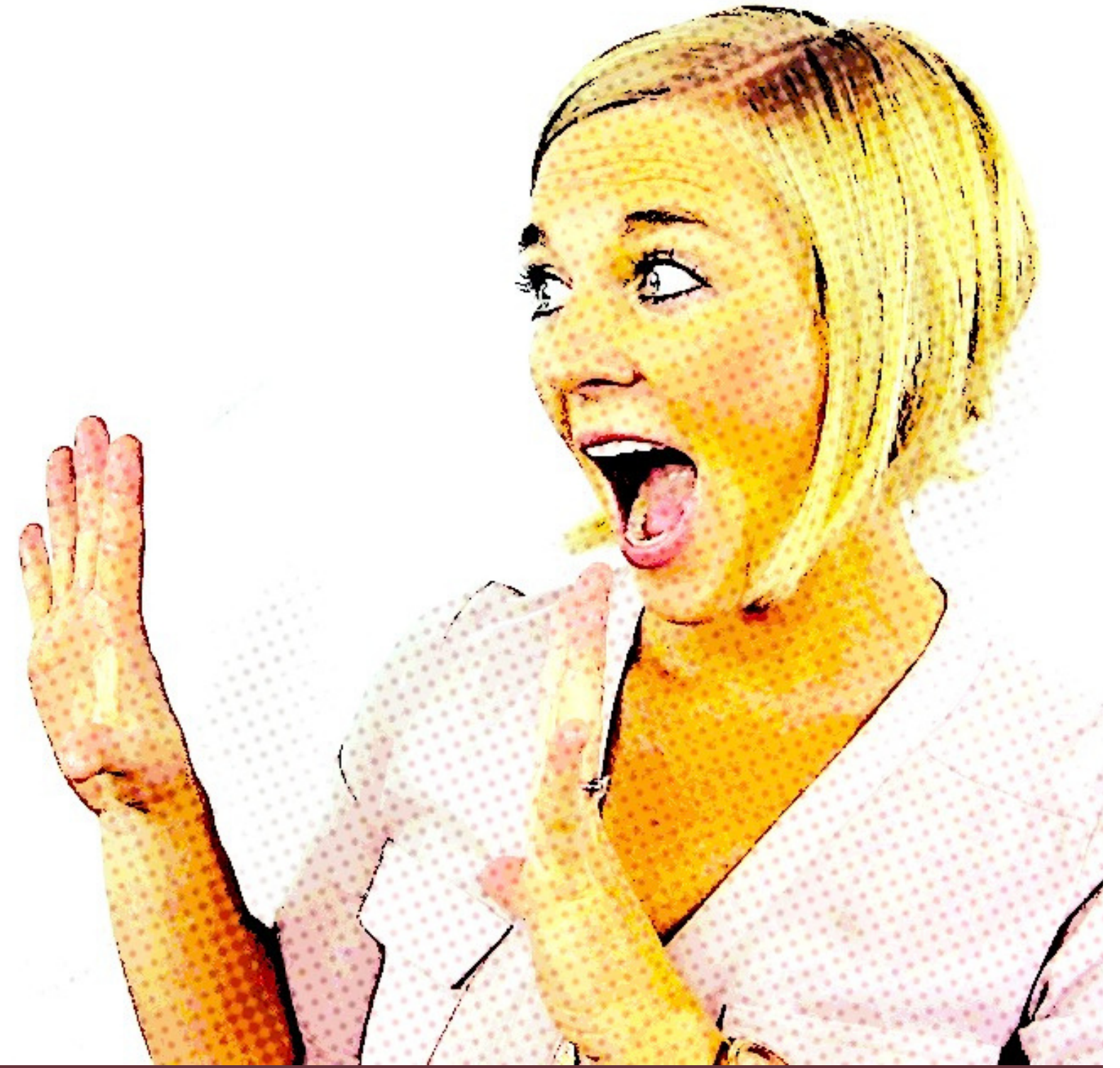
## **REROUTED BEHAVIOR:**

**Meditation**

## **REWARD**

**Deep-Tissue Massage**

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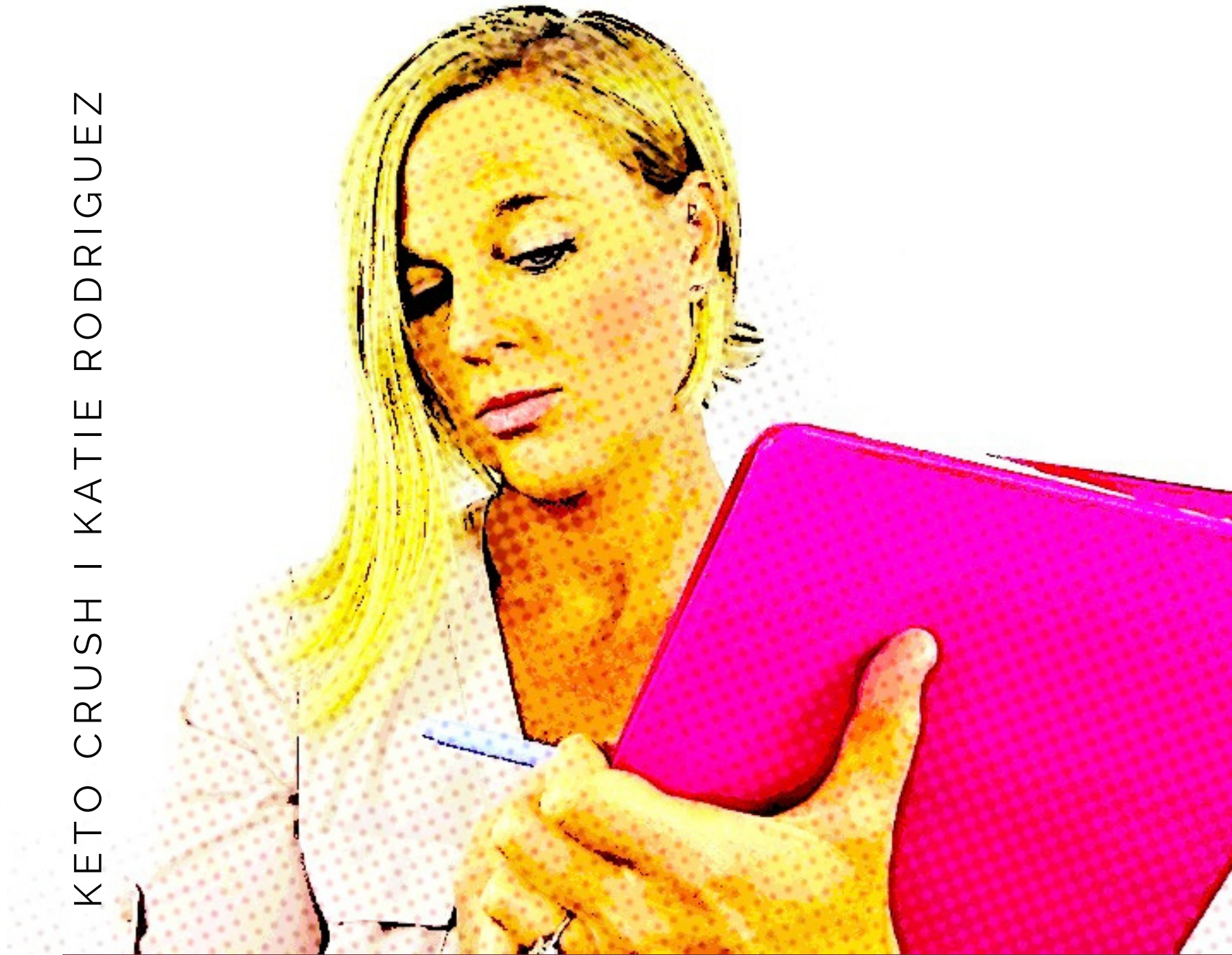


# The 3-Step Strategy to Initiating a Good Habit

- 1. Identify your hangup**
- 2. Implement the reinforcement behavior**
- 3. Reward yourself**



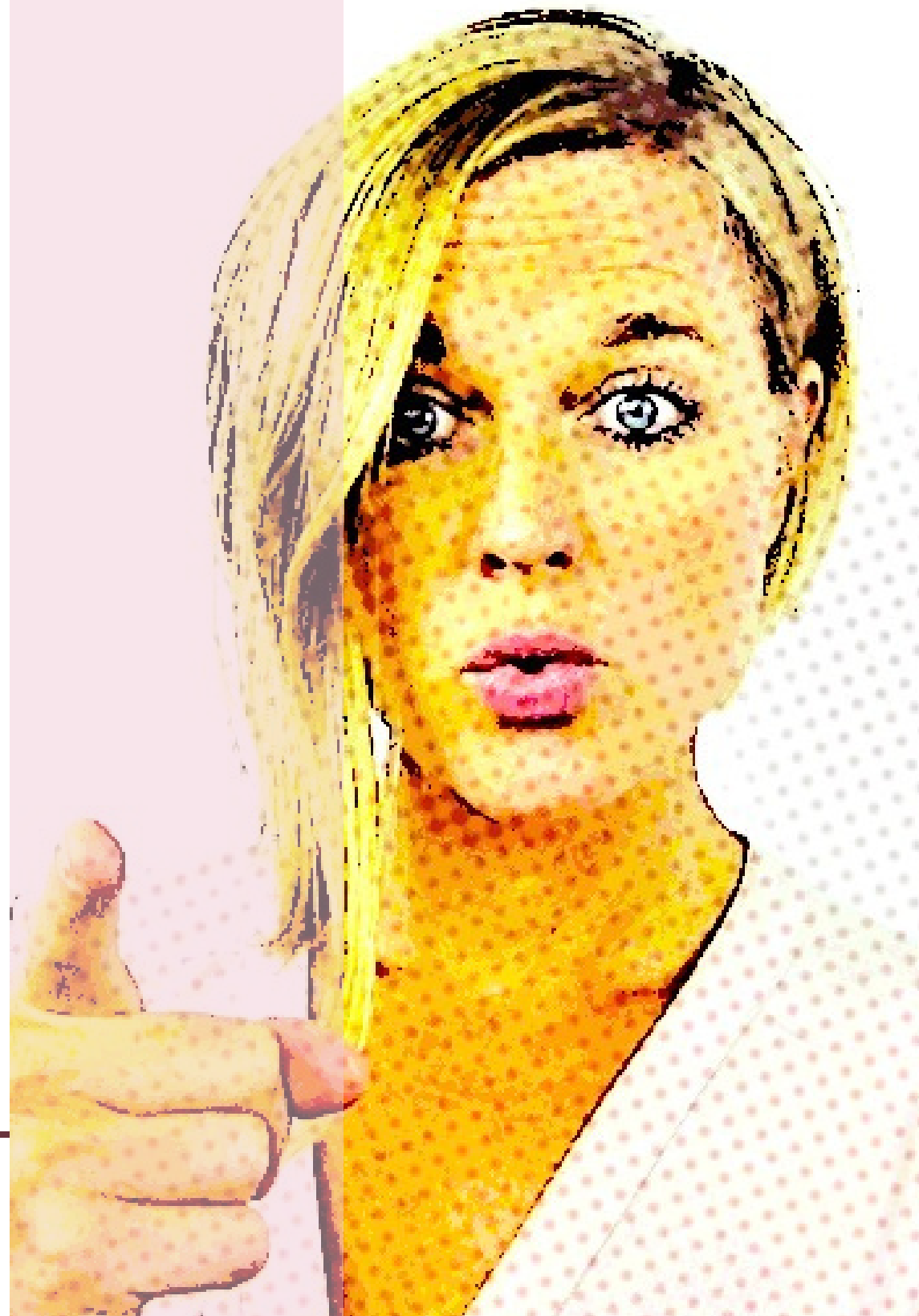




# Brainstorming

THINK ABOUT SOME HABITS  
THAT YOU'D LIKE TO CREATE

- Work out more
- Eat more vegetables
- Cook more often



# Strategy #1

## Identify Your Hangup

Ask yourself, what's keeping me from implementing this positive habit?





# GOOD HABIT

## Work Out More Often

# HANGUP

- No one to work out with
- No time
- No where to work out
- Not sure how to work out effectively



# Strategy #2

## Implement the Reinforcement Behavior

Once you've identified potential hangups, brainstorm potential solutions to overcoming whatever it is that's holding you back.

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**GOOD HABIT:**

**Do More Yoga**

**HANGUP**

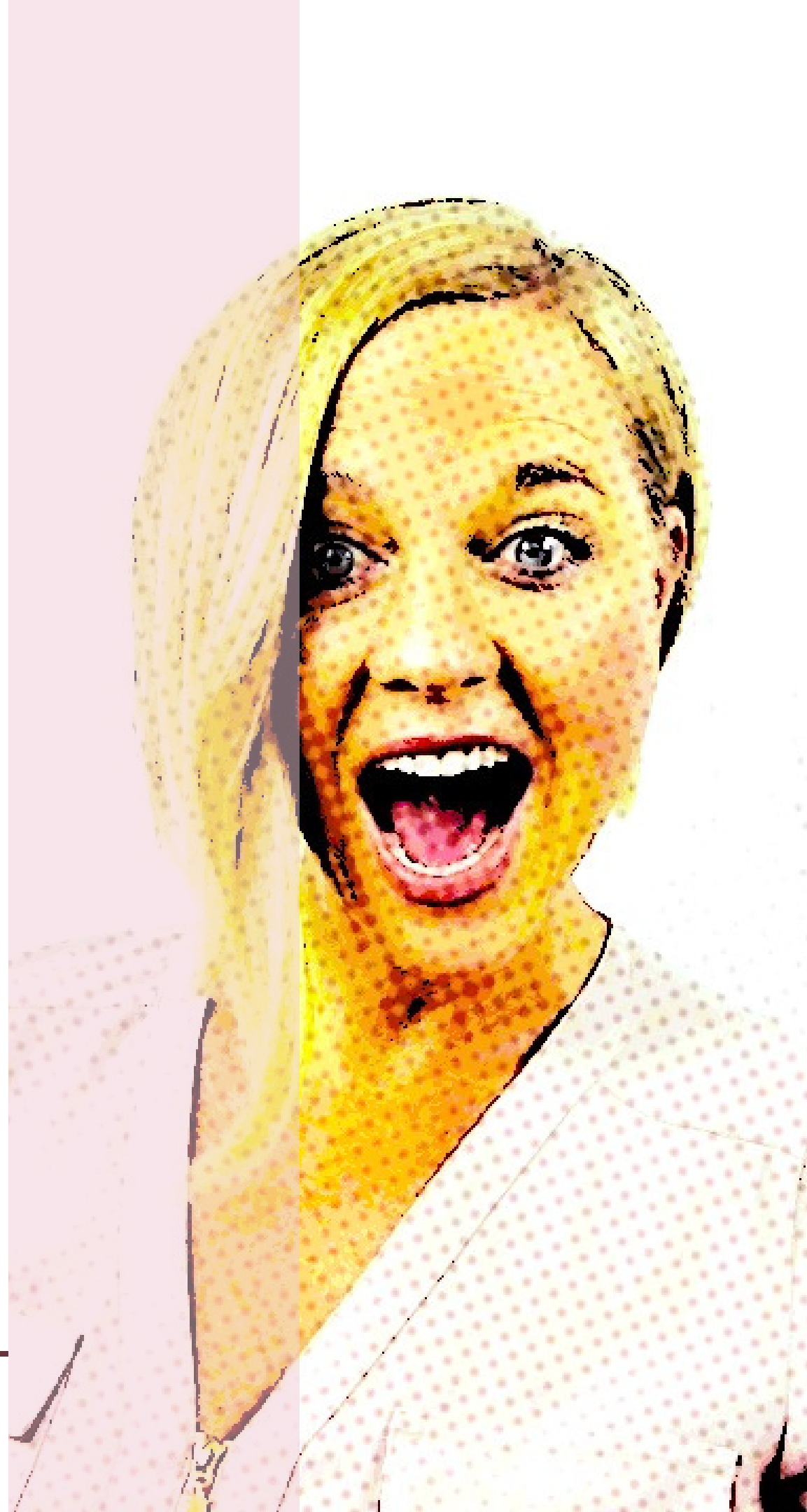
**Time**

**REINFORCEMENT BEHAVIOR**

- Wake up earlier
- Cut out TV time
- Shorten my mat time



SMALL PROGRESS IS BETTER THAN NO  
PROGRESS,



# Strategy #3

## Reward Yourself

Rewards reinforce our dedication to change. Without reward, there is no habit. Even self-sabotaging habits provide a reward.

**GOOD HABIT**

**Do More Yoga**

**HANGUP**

**Time**

**REINFORCEMENT BEHAVIOR:**

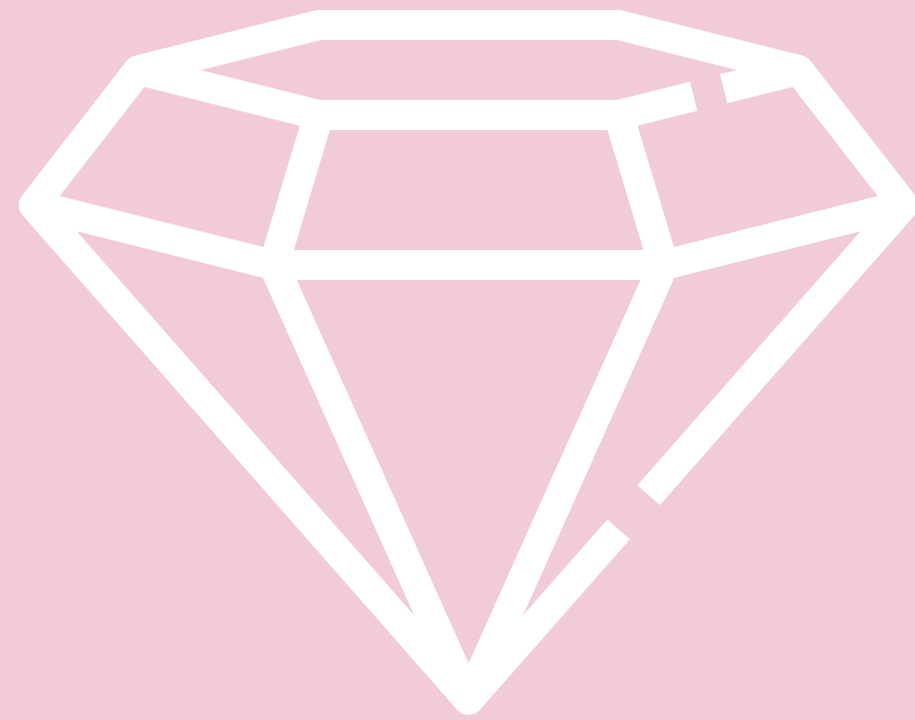
**Negotiation (10-Min/Day)**

**REWARD**

**Lululemon Yoga Pants**







# TAKE ACTION!

## Try the 3-Step Strategy to Rerouting the Habit Loop

For additional assistance, you can download the worksheet entitled, **The 3-Step Strategy to Rerouting the Habit Loop.**

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