



---

## What's in your control – is your only focus

"Can you do something about it?

Then stop worrying."

This lives in so many versions online and holds true.

To rigorously only allowing into your mind what you have control over - that is a powerful habit.

The word "habit" all too often evokes negative connotations. Because it leads to thinking about the bad habits we all have that we want to change.

Deliberately building good habits, sounds like another quick fix idea.

However, a good starting point for is the three basic steps:

1. Defining a behavioural trait which you have control over
2. Deploy the 'The Habit Tracker'
3. Share your habit with peers

The functioning of these 3 basic steps are that 'Step 1' makes your brain think: *This is easy.*

'Step 2' gives you that daily dopamine kick which will drive you to repeat, and

'Step 3' establishes a degree of commitment which helps you hold on to the habit.

Take control, building habits is a muscle, the habit you build will drive positive results. But much more valuable when training this muscle you develop self-discipline that enables you to control your behaviour and on-demand install a permanent change.

I invite you to a free 45 min session, click the link to claim your seat today: <http://growinghabits.online/index.php/book/>

What habit do you want to build?

Stick with it