

Cultivating Healthy Habits webinar follow-up materials

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 - [Atomic Habits](#)
 - [How to Change](#)
 - [Thinking Fast and Slow](#)
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Welcome to

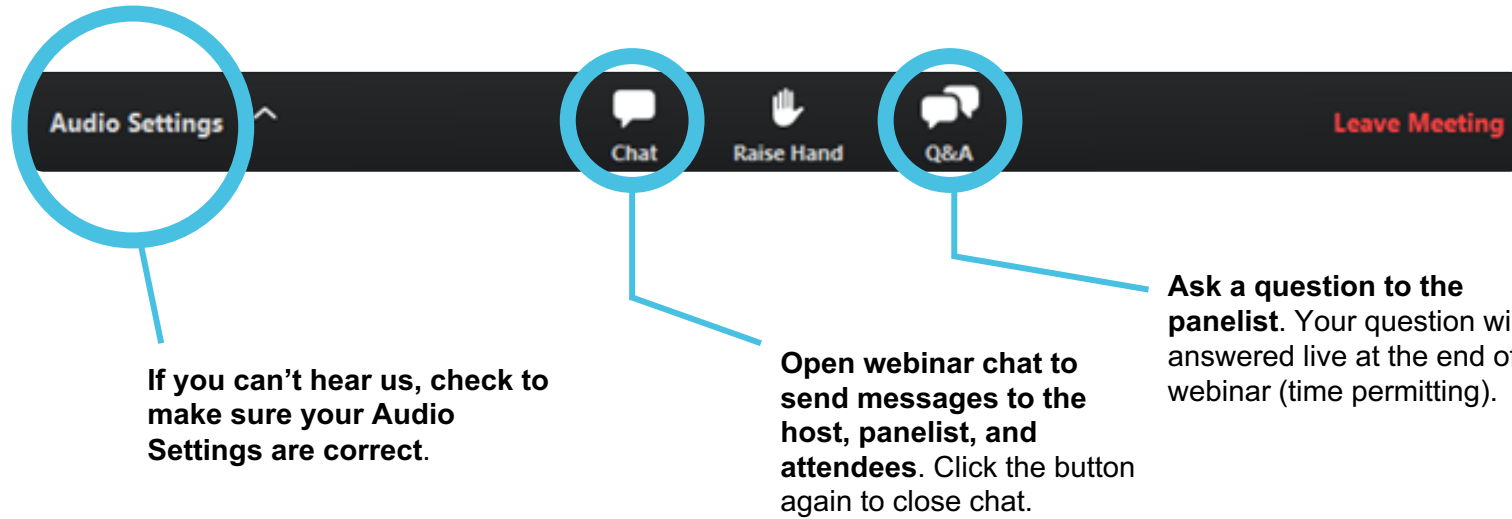
Cultivating Healthy Habits

February 7, 2023

"We've built a company that we're proud of – from who we are to how we do it. Respecting the trust clients place in NFP is a

Before We Get Started

ZOOM WEBINAR 101



RECORDING AND RESOURCES



Don't worry about missing a minute of the action! You'll receive the recording and resources by email within a week following the webinar.

Join us for our next seminar March 28 at 12:00 PM EST

Enhancing Immunity Through Nutrition, Sleep and More: Seminar & Cooking Demo



Register Now

Scan this code or visit:
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NFP Well-Being & Engagement Seminars



Physical



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WISE & WELL

Meet our Guest Speaker



Brian Levenson

Mental Performance and
Executive Coach, Founder of
Strong Skills



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Thank you to today's sponsor!

WellnessIQ services all aspects of the wellness and communication verticals with cutting edge platforms and support services including: vetted, proven, and best in class technology vendors.



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POLL

Did you set a new year's resolution or intention?

A person in athletic wear is standing on a road. The road has '2028' and 'START' painted on it. The person is holding a shoe. The background is a sunset or sunrise over a road with white arrows pointing forward.

2028
START



STRONG SKILLS

Cultivating Healthy Habits



BAT AND BALL

- Bat and ball are \$1.10 combined
- Bat is \$1 more than the ball
- How much does the ball cost?



FROM THINKING FAST AND SLOW BY DANIEL KAHNEMAN

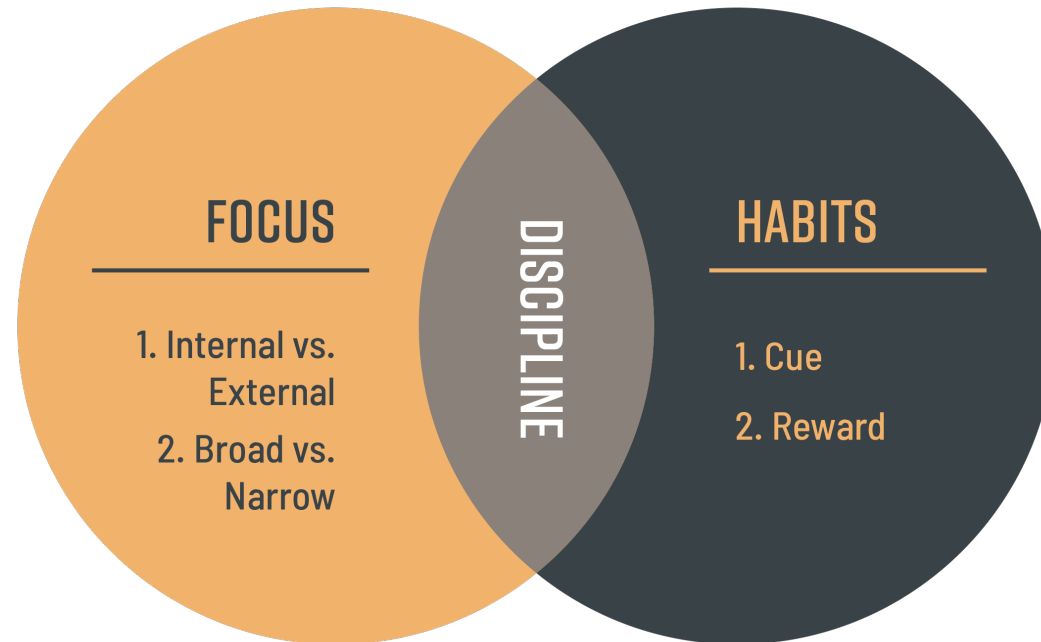


WHAT HAPPENED?

- We rely on shortcuts (heuristics) to operate but those aren't ALWAYS helpful
- Brain goes on cruise control when things appear to be easy
- Mind is not your friend or enemy, it's your mind
- Focus=Directed Attention
- Three big 3 culprits for distraction
 - Past
 - Future
 - Non-controllables



Focused Habits



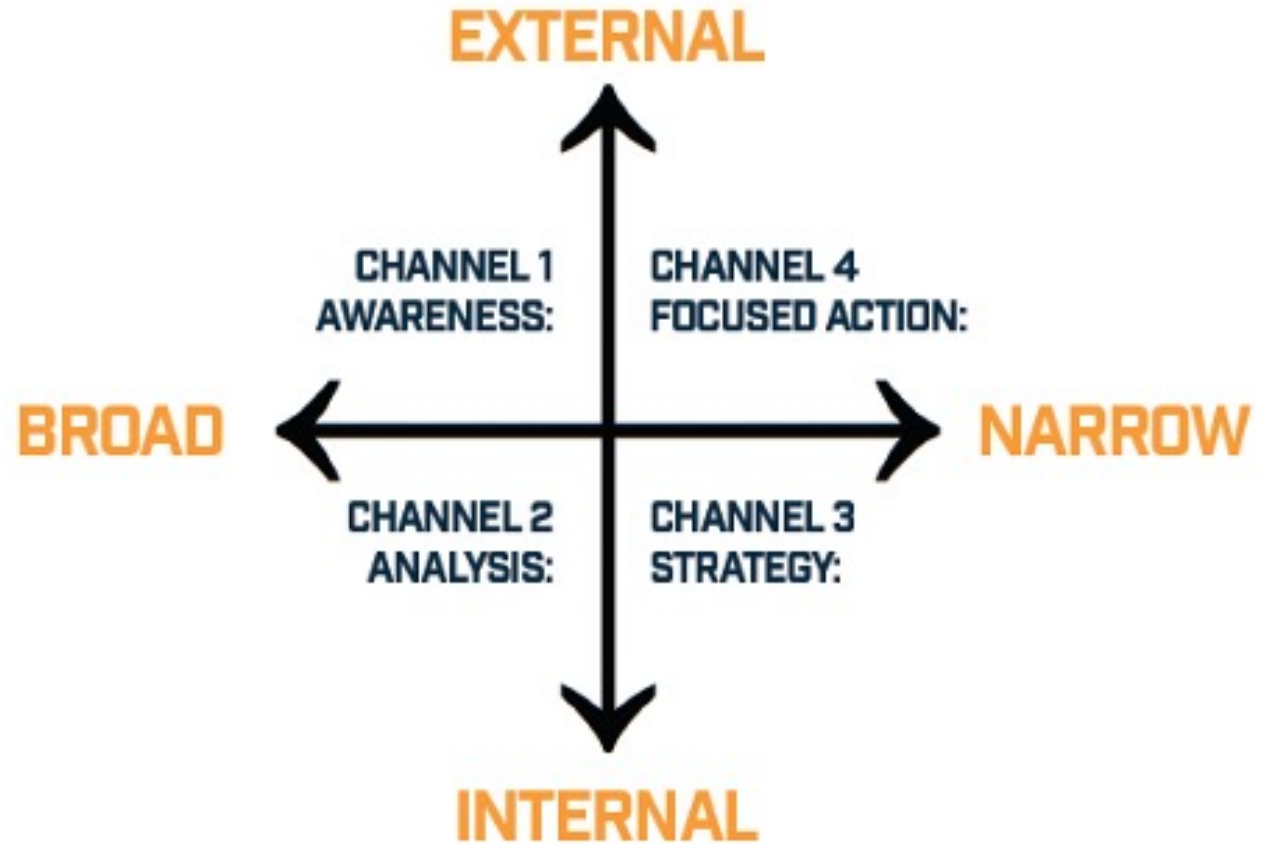


Focused Habits Research

- **40% OF DECISIONS ARE HABITS [CALAKOS]**
- **40% OF PREMATURE DEATHS ARE BASED ON BEHAVIOR WE CAN CHANGE [MCGINNIS AND FOEGE]**
 - **SMOKING, DIET, EXERCISE, ETC.**
- **OUR MIND WANDERS ABOUT 30% OF THE TIME [SCHOOLER]**



ATTENTION STYLE & FOCUS



Adopted from Robert Nideffer



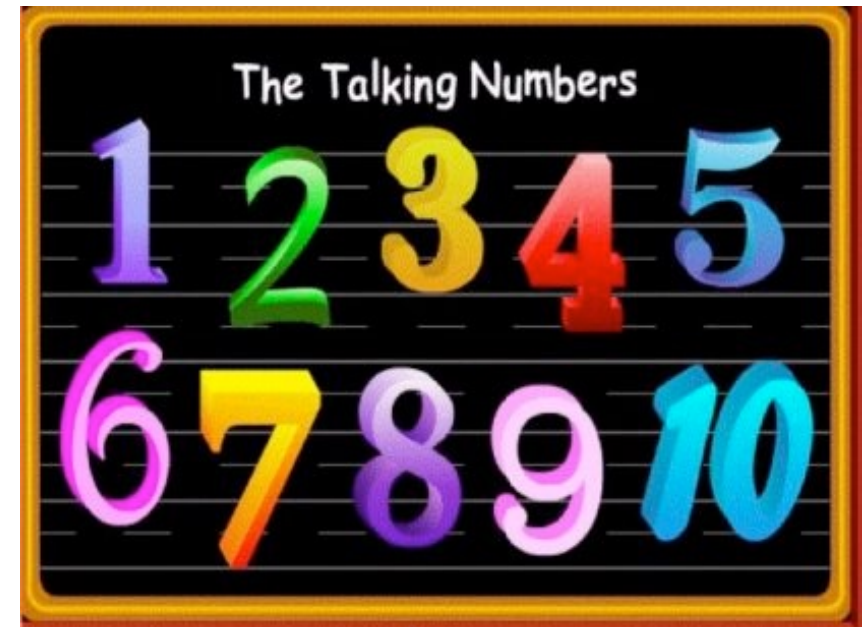
External





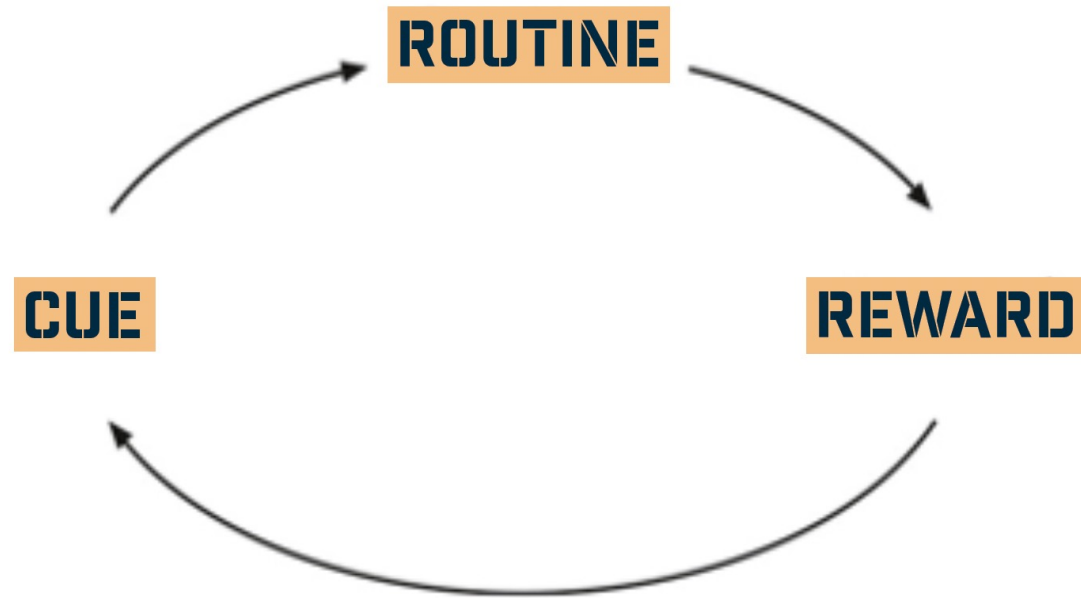
Internal

- Close your eyes, count 1 to 10
 - Just focus on each number
 - If you have a thought pop into your head, start back at 1
 - Snap Recover





Habit Loop



Adopted from Charles Duhigg



Won't Power





Coupling

**Doing something you
don't want to do and
coupling it with
something you *do* want
to do.**



Weekly Forcing Functions

- 1. WEDNESDAY NIGHT BASKETBALL**
- 2. PODCAST AND NEWSLETTER**
- 3. TAKE KIDS TO SCHOOL ON MONDAYS**



Invest in Your Habits

- 1. ACCOUNTABILITY PARTNER**
- 2. HIRE SOMEONE**
- 3. JOIN A GROUP**



Commitment Device

COMMITMENT	CONSEQUENCE FOR NOT DOING

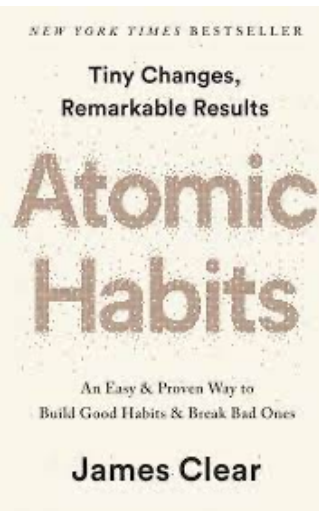
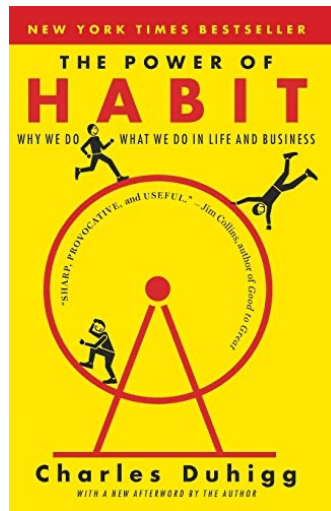


Focused Habits=Discipline

- 1. WHAT HABIT DO YOU WANT TO CUE AND REWARD THIS WEEK?**
- 2. WHERE DOES YOUR FOCUS NEED TO BE FOR THE REST OF THE DAY TODAY?**



Resources for Discipline



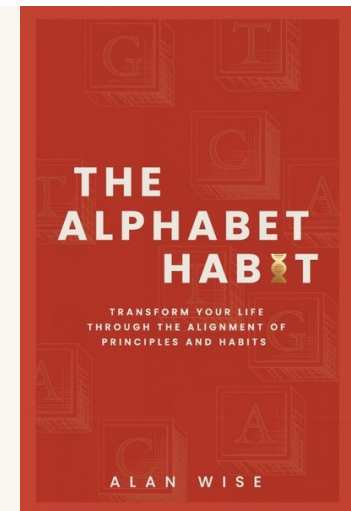
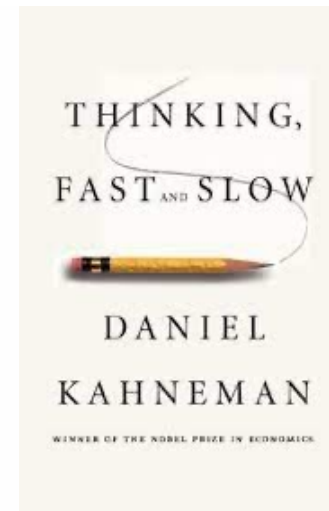
How to Change



The Science of Getting from
Where You Are to
Where You Want to Be

Katy Milkman

Foreword by Angela Duckworth





Takeaways

- 1. MIND YOUR MIND**
- 2. FOCUS=DIRECTED ATTENTION**
- 3. SNAP RECOVER**
- 4. HABIT LOOP**
- 5. WON'T POWER**
- 6. COUPLING**
- 7. WEEKLY FORCING FUNCTIONS**
- 8. INVEST IN YOURSELF**
- 9. COMMITMENT DEVICE**



JOIN OUR WEEKLY NEWSLETTER!

WELCOME TO A WORLD OF INSPIRATION



READ ALL ABOUT IT



TUNE IN



LISTEN IN



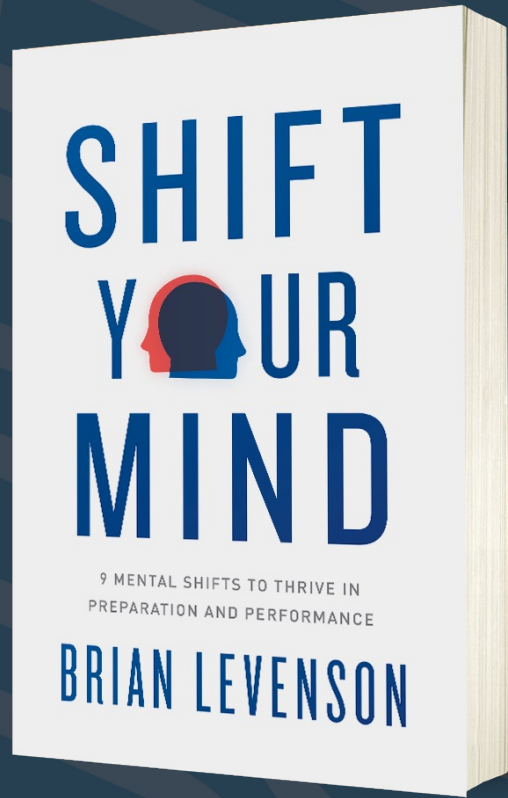
FOOD FOR THOUGHT

BRIAN'S MESSAGE OF THE



GLAD TO BE HERE!

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STRONG SKILLS

GREATNESS ISN'T JUST ABOUT

WHAT YOU DO.

IT'S ABOUT WHEN YOU DO IT.

GO GET IT!

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[@BRIANLEVENSON](https://twitter.com/BRIANLEVENSON)



[INTENTIONAL PERFORMERS](https://open.spotify.com/artist/intentionalperformers)



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What's Your One Thing?

Who can you connect with to share what you learned today?

What is one thing that you are going to start doing?