




**Living Mastery**

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## **The Power of Habits in Achieving Success**

Duration: 1 day

Habits can either help us achieve great things in life or they can be the stumbling block to success. You won't find a successful person who doesn't have positive habits that have helped them accomplish what they needed to, on their way to achieving a goal. In this course, we will share insights and techniques that will you develop positive habits that will help you achieve your ultimate goal and beyond.

### **Learning outcomes:**

After attending this course, you will:

- Appreciate the power of Habits in determining success
- Understand how Habits work and how to cultivate Habits for success
- Acknowledge the process and challenges of developing new positive Habits and the eradication of old negative Habits
- Learn techniques to help you overcome barriers to forming new and entrenching new Habits
- Learn how to become intentional of your success by adopting a Habit-driven life

### **Topics covered in this course:**

#### **Module 1: How Habits Work**

- ❖ Understanding Habits and How they work
- ❖ Triggers, Behaviour and Rewards

#### **Module 2: Key Habits of Successful People and Organisations**

#### **Module 3: How to create new Habits**

- ❖ Why good Habits fail
- ❖ One Step Forward – Two Steps Back
- ❖ How Leaders create Habits by Design and Accidentally

#### **Module 4: How to stick to your new Habits**

- ❖ A Plan for the 21-day Habit Challenge
- ❖ Know the Saboteurs

#### **Module 5: The Habit-driven life**