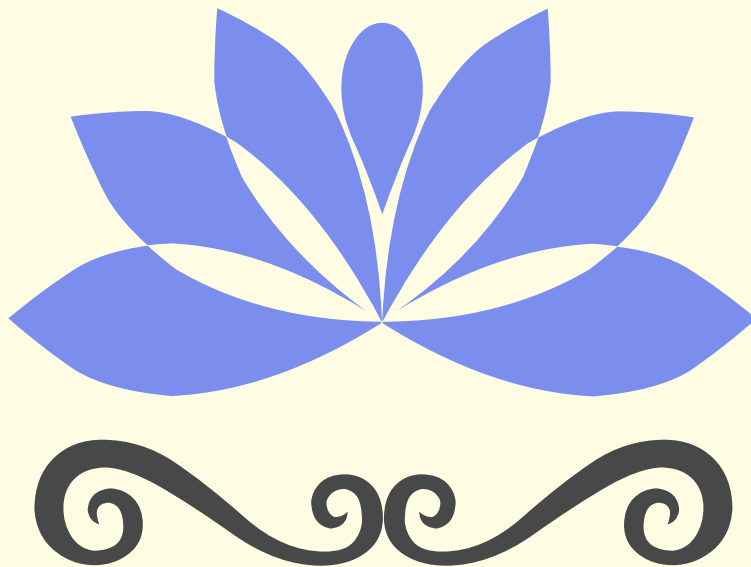


*Executive
Summary*

***Form
Empowering
Habits***
to create

The Life You Desire



Slavica Bogdanov

This report reveals recent research results related to habit development.

Negative habits and their effects on your life and substituting positive habits for negative ones are also covered. Finally, you'll discover **how to successfully form positive habits**. Case vignettes are provided to illustrate these points in the report.

1. Habits are Critical to Creating the Life You Desire

- ➔ This chapter covers the enduring, pervasive aspects of your habits. The main point made is that your entire life is composed of the habits you do over and over again every day.
- ➔ Positive habits automatically support your goals while negative habits automatically inhibit you from reaching them.

2. The Science of Habit Development

- ➔ Current research regarding habit establishment by Phillippa Lally and her peers at the University College London is reviewed. A list of how you can form a habit, using the research, is provided.

3. Negative Habits and their Devastating Effects

- ➔ You're prompted to contemplate your own negative habits honestly. In this process, you must identify the benefits to you of repeating those unhealthy habits. Also, you're asked to recognize the results of those habits on your life.
- ➔ **Case Vignette #1—Tom's negative habits are discussed.**

4. Substitute Positive Habits for Your Negative Habits

- ➔ Using the Case Vignette #1, this chapter illustrates how Tom can replace his negative habits with more positive ones. An action list of tips is provided.
- ➔ **Case Vignette #2—Hypothetical situation applied to you, the reader, is discussed.**
- ➔ Related to Case Vignette #2, an action list of how the negative habits presented can be acknowledged, explored, and replaced with positive habits is provided.

5. Develop New, Empowering Habits

- ➔ Even if you don't have negative habits, you may wish to create positive habits which would move you forward faster toward your goals.
- ➔ **Case Vignette #3—Second hypothetical situation applied to you is presented and discussed.**

Summary

- ➔ This report emphasizes that, in order to live the life of your dreams, you must build habits made up of positive behaviors that when repeated, will create the life-affirming results you seek.