

## Course Outline

### Introduction

- How one habit changed my life
- Get the most from this course

### Build Your Foundation

- Why habits are so effective
- A minimalist approach to change
- The Truth about Motivation

### Create Your Habit Plan

- The First 30 Days
- Determine your habit consistency
- The Two Day Rule

### The Keys to Habit Discipline

- Control Your Environment
- Rewards and Anti-Rewards
- The Power of Accountability
- Invest in Yourself
- How to Break Bad Habits

### How to Maintain Habits for Life

- The Truth about Progress
- Post-Pandemic Habits
- How to Embrace Change

### The Finish Line

- Take this with you
- Let's celebrate!



## How one habit changed my life

Can one habit really change your life? Back when I was 20 years old I was shy, skinny, unconfident and had over \$97k in student debt. I had tried and failed to build healthy habits for years but nothing seemed to click. That is until one fateful year in college. In this lesson I share a bit about myself and how I came to teach a course on habit change (trust me I never imagined I'd be here back then).

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Next Lesson >

### LESSON RESOURCES

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If you don't already, you can subscribe to me on [YouTube](#) for weekly videos on self-development and follow me personally on [Instagram](#) for occasional pictures of homemade bread.