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**THE BREAKTHROUGH HABIT TECHNOLOGY THAT  
CREATES GREATNESS IN ALL AREAS OF YOUR LIFE**

## **GREATNESS IN COMMUNICATION**

**Samples of Peak Life Habit & Limiting Habit Definitions**

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**Participant Name**

**MISSION STATEMENT:**

**The Purpose of Peak Life Habits® Is  
To Empower Individuals and Organizations with Life  
Enhancing Habits That Provide Increased Fun, Joy, Productivity, Ease  
and Self-Expression throughout Life and Work, and By Doing So, To Provide  
the Opportunity For Individuals and Organizations to Fulfill and Exceed Their Goals**

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On the following pages are DEFINITIONS of 50

# LIMITING HABITS

These are the Habits that limit your greatness and interfere with the goals and successes you desire in your life. These are the Habits that cause your “Habit-Gaps.”

### **Addiction To (Wo)Men Habit**

Occurs when we exhibit some degree of addictive behavior towards either men or women. It goes beyond the natural attraction or desire to share our lives with another person. This Habit can become strong enough to convince us that we can't have comfortable, successful and fulfilling lives while we're alone. It can also involve an unhealthy physical need that isn't balanced with the rest of our lives. Addiction – no matter the object – takes away our good judgment and self-control. It is a distraction that prevents us from being at our best.

**Pattern-Interrupt Peak Life Habit(s):** Detachment Habit

### **Almost Habit**

When we become aware of the “almost” moments in our lives, we see the repeated tendency to stop short of our goals. The trick is to understand why. This Habit becomes Stamped into us by conversations we've had both in our own minds and with others (parents, siblings, peers, teachers, coaches, bosses, etc.) about going after our dreams and missing. We can explore how other people's criticisms and our own personal self-criticisms, excuses, justifications, blame, resentments, and regrets contribute to our Almost Habits. Maybe we had parents who had Almost Habits themselves, and we've picked up a Habit-Stamp pattern by osmosis.

**Pattern-Interrupt Peak Life Habit(s):** Going Beyond Almost Habit

### **Annoyed/Annoying Habit**

This is one of those Habits that can become so familiar that it becomes a Habit-Addiction. We begin to miss the aggravation and annoyances, challenges and distress if our lives are going too smoothly. We may create miraculous Shifts in our lives from our Limiting Habits to Peak Life Habits, and then all of a sudden there's a vacancy, an emptiness, and we're not sure we're totally comfortable. It's an almost physiological craving for angst about something, and so we begin to search for what isn't right, what is going to go wrong, or what we might sabotage. We may even doubt the reality of what is in fact working. We'll start to sabotage our life and gather a list of things to be annoyed with.

**Pattern Interrupt Peak Life Habit(s):** What's Right Habit, Using My Mind's Eye Positively Habit, Lightening Up Habit

### **Anxious/Distress/Obsess Habit**

Sometimes we have a Distress Habit in which we bring more stress and distress into our lives than is necessary. There are times in our lives when we have some control over our circumstances, yet fail to exercise the control that we have – we intentionally create distress. Perhaps a little dissonance seems safer, feels more familiar. If we paused for a moment and listed the things that we could obsess about, the list would bloom almost instantly. If we are looking for things to become distressed or obsessed about, we're certain to find them!

**Pattern-Interrupt Peak Life Habit(s):** Lightening Up Habit

### **Apologetic Habit**

Some of us are continually saying, “I'm sorry.” Sometimes we even say, “I'm sorry” before there's anything really wrong! This Habit is described as simply the inclination to apologize. It's a good Habit – at least when it's not overused.

**Pattern-Interrupt Peak Life Habit(s):** I'm Worthy Habit

### **Avoid Accountability Habit**

We deploy the Avoid Accountability Habit to keep us safe from being held to a too-high standard of success. We hesitate to be held accountable by others on an ongoing basis for maintaining or expanding on our successes, and sabotage our performance to diminish the expectations upon us.

For those of us with the Avoid Accountability Habit, it's a way of feeling safe and comfortable without taking on too much responsibility. Basically, we avoid great success because the world will see, our family will see, our co-workers will see, and we don't want the kind of pressure that comes with the visibility of being truly successful. We'd rather stay safe with our little successes, stay safe in our world of "almost," and stay safe in our world by being just good enough.

**Pattern-Interrupt Peak Life Habit(s):** Accountability Habit

### **Avoid Authority Habit**

The Avoid Authority Habit is a Sabotage Habit. A key part of this Habit is that we don't realize that we don't know everything, and that we especially don't have to know everything the way it could be known. In other words, we feel that our opinions are the only ones worthwhile.

Many entrepreneurs and business leaders have an Avoid Authority Habit, a.k.a., a Confrontation With Authority Habit. They like to be the boss. Sometimes an executive may even struggle with their own schedule because they have such a strong Avoid Authority Habit; they see their schedules as having authority over them. They'll start to resist because they don't want anyone or anything, even their schedule, telling them what to do. We see the same pattern in people on some weight loss programs, especially ones who are completing food logs. In this case, the food log becomes an authority over their eating schedule.

**Pattern-Interrupt Peak Life Habit(s):** Being Vulnerable Habit, Accountability Habit, Coachability Habit

### **Avoid Responsibility Habit**

When we avoid dealing with ourselves or our circumstances, an Avoid Responsibility Habit develops. This Habit causes struggle because it compels us to argue rather than just take the appropriate Action to move forward. We also will avoid doing the necessary work to achieve our breakthroughs, setting ourselves up for failure. Nonetheless, it's up to each one of us to take on the responsibility of doing whatever is necessary to make the positive changes we'd like to see in our lives.

**Pattern-Interrupt Peak Life Habit(s):** Being Responsible Habit

### **Avoid Vulnerability Habit**

The Avoid Vulnerability Habit is one of our most basic human Habit-Mechanisms. This Habit originates in our hearts, which we keep locked up to be safe.

Those of us with turbulent, unprotected childhoods often manifest the Avoid Vulnerability Habit later in life. When we were kids, being vulnerable gave our power away. Our Belief is that when we're at our most vulnerable point, breakdowns happen, people leave, we get hurt, etc. The paradox of this Habit is that this is the safety of a child who is afraid to be vulnerable; it's not the safety of an adult. Even though

our fears of vulnerability stem from our childhoods, as adults, we still live in fear of showing our weaknesses, so we stifle our emotions. We still operate in those carefully crafted shutdown mechanisms, still live in our world of pride, control, and force – denying our vulnerability and our power. This can have a tremendously negative effect on our careers, our relationships, and every aspect of our lives.

We also fear being taken advantage of, being a victim, and so look for the faults in others rather than ourselves. We point our fingers outward rather than inward, and we're meticulous at keeping fingers from pointing at us. We don't want other people to find out that we're short of perfect. We want to keep our deepest challenges under wraps so that everyone believes we have everything under control.

**Pattern-Interrupt Peak Life Habit(s):** Being Vulnerable Habit, Being Appropriate Habit

### **Being Critical Habit**

When we have the Being Critical Habit, we see the world through a lens of negativity. It often stems from the It's All About Me Habit; we focus on all the things we find wrong with our lives, our circumstances, etc. At the same time, we note what's wrong with others and the world around us.

**Pattern-Interrupt Peak Life Habit(s):** Express Kindness And Love As A Verb Habit

### **Can't Let It Go Habit**

The Can't Let It Go Habit has roots in our vulnerability. Letting go exposes us, opens us up, and puts us in the world of the unknown. This Habit ties directly into our Avoid Vulnerability and our I'm Right Habits. If we don't draw this Habit up into our conscious minds, then it runs us from our subconscious. Sometimes this Habit is rooted so deeply that we could classify it as the Intransigence Habit instead. When we do learn to let go, we'll begin to be responsible for our own lives.

**Pattern-Interrupt Peak Life Habit(s):** I Can Let This Go Habit, Being Appropriate Habit

### **Can't Say No/Good Person Habits**

Most people want to be liked and appreciated. When we have this Habit, we do so much for other people to feel like a "good person" that we don't take care of our own needs.

The Good Person and Nice Guy Habits correlate strongly to the Can't Say No Habit. Under the control of these Habits, we want people to think favorably of us and we don't like to upset others, so we tend to say yes more often than we'd like to. We end up putting ourselves into a box and doing things we don't really want to do because our Habit always calls forth the yes rather than the no, and it becomes a great source of stress in our lives. It can lead us to lives of giving, giving, and more giving with little rest. This leads directly to over-commitment, which can then easily lead to overwhelm and being hard on ourselves. The Can't Say No/Good Person Habit prevents us from taking on being accountable, predictable and honest with ourselves and others.

What makes this a Limiting Habit? We overdo it at the cost of our own authenticity. At the core of these Habits is a fear of seeming pompous or overconfident, and a desire to be a hero; this Habit ties in very closely to the Hero Habit. Ultimately, it is better to be liked just for ourselves, not because of what we can do for people. When we say yes when we'd rather say no, we will often then feel miserable, and when we're miserable, we'll start to sabotage ourselves. And worse, we can't complete the items that we agreed to do, because we are overwhelmed by them all. Our yucky feelings intensify, yet we keep on saying yes and wanting to look good and be liked. And the cycle continues...

**Pattern-Interrupt Peak Life Habit(s):** Saying No Habit, Accountability Habit, Vulnerability Habit, Being Appropriate Habit, Integrity Habit, Authentic Communication Habit, Living In Reality Habit

### **Conditional Giving Habit**

When influenced by this passive aggressive Habit, a person will act generously, and then resent it and eventually stop. This can also be described as giving in order to get something in return, regardless of whether the expectations are communicated or not. The Conditional Giver most often is attached to an outcome, so rather than giving unconditionally, they give with a covert expectation of the effort being reciprocated somehow, whether in terms of time, love, money, assistance, opinions, gifts, etc. There is a conversation under the conversation in the mind of the giver as they set out to give.

**Pattern-Interrupt Peak Life Habit(s):** Being Authentic Habit

### **Confusion & Doubt Habit**

Our Confusion & Doubt Habit is a Struggle Habit and a Paralysis Habit because it stops us in our tracks. We make our lives much more difficult than they are in reality. We allow ourselves to become overwhelmed and confused and then doubt what approach is right, what response is right; therefore, we end up struggling and paralyzed, brought to our knees by our Confusion and Doubt Habit.

When this Habit is at play in our lives, we create for ourselves a life of uncertainty. We live in the middle of the road, so to speak, and we take no Action. This Habit is an important Limiting Habit because the premise of Peak Life Habits is being in Action. Its root is often a lack of trust in ourselves. It often pops up in a cluster of other related Habits such as the I'm Not Worthy Habit, the Seeing What I'm Not Habit, the Feeling Incapable Habit, or the I'm Not Good Enough Habit.

**Pattern-Interrupt Peak Life Habit(s):** Clarity Habit

### **Covert Sabotage Habit**

There are times when we sabotage our successes, relationships, fitness, careers, etc. The Covert Sabotage Habit means that rather than achieving our goals, we manage to put up our defenses and resist success – often unconsciously.

Covert Sabotage Habits often go hand in hand with our Struggle and Distress Habits and our Confrontation With Success Habit. All these Habits usually develop early in life. And when we become adults, when we are on the verge of a significant success in our life, our Covert Sabotage Habit-Mechanism kicks in because we feel we don't deserve the success, are not worthy of it, or that the success puts us too far outside the comfort zone of our family of origin. Our Sabotage Habits put us in a trance because they are old, automatic Habits.

**Pattern-Interrupt Peak Life Habit(s):** Lightening Up Habit, Commitment Habit, Discipline Habit, Integrity Habit, Completing Habit, Success Habit, Power (Vs. Force) Habit, I Can Do Anything Habit, Greatness Habit, Being/Staying In The Zone Habit, Being Consistent Habit, Being Focused Habit, Being Responsible Habit

### **Crisis Habit**

Some of us live our lives either in a crisis or waiting for one, and we're not entirely comfortable without. In this state, it's not okay to have a great, healthy, vital life, day in and day out. We can become so addicted to and familiar with the patterns of crisis and drama in our lives that the only way for our lives to be real, it seems, is to live from frying pan to fire.

This Habit pushes us to speak in crisis language; we talk and communicate with people in a way that enrolls them in the drama and crisis of our life. We mistakenly think it's a way to get people interested in us and our lives. We take the facts of our lives and then create the spin of drama, overwhelm and crisis, rather than just dealing with the facts of our lives and focusing on the Actions that lead to the appropriate Outcomes. This Habit becomes a Habit-Pattern that slants our reality. Interrupt the heck out of it!

The Crisis Habit is almost always a Habit-Stamp from our childhood. If our childhoods were spent among people who were crisis-oriented, dramatic in how they experienced life or presented everything as though it were a crisis, we learned to live our own lives the same way.

**Pattern-Interrupt Peak Life Habit(s):** Lightning Up Habit

### **Defensive Habit**

The Defensive Habit is a cousin of the Avoid Vulnerability Habit. Rather than becoming extraordinary in our response to others, we judge them and feel defensive. The act of judging exists in order to protect ourselves from judgment. To Shift, we can play with the challenge of hearing others authentically, no judgments attached.

**Pattern-Interrupt Peak Life Habit(s):** Compassionate Detachment Habit

### **Difficult To Deal With/Intransigence Habit**

The Intransigence Habit is found in a person who is consistently difficult to deal with. If we have this Habit, we often experience feelings of frustration and resentment. We will probably also avoid concerted efforts to understand people or to ease off; rather, we'll stand our ground and insist that we're right. We will most likely also have the I'm Right Habit, because the Difficult To Deal With/Intransigence Habit is an extreme form of the Can't Let It Go Habit.

**Pattern-Interrupt Peak Life Habit(s):** My Relationships Are Important Habit, Responding Vs. Reacting Habit

### **Disappointment Habit**

The Disappointment Habit is one of two things: either we're constantly disappointed by others or we're constantly the object thereof. Either way, it sets us up for recurring failure. We often don't deal with the facts, and we use this slanted reality to slide us off the path, missing our goals. When this happens, we get even more disappointed and then end up in a malaise of "I'm not good enough."

**Pattern-Interrupt Peak Life Habit(s):** Trust Habit, Keeping My Word Habit, Success Habit, Confidence Habit, Commitment Habit

### **Distraction Habit**

If we're confronted with the Distraction Habit, we'll probably find our head full of thoughts like, "I need to go pick up the kids; I need to go to the store; I need to have lunch; I need to make a phone call," etc. We are allowing too many things to nip at our concentration.

Instead, we pick a goal and draw a straight line to it instead of zigzagging. The zigzag path often misses, and maybe we'll get to our goals, and maybe we won't. It's also important for us to realize that many of the distractions in our lives are actually things that we've *chosen* to be distractions. The Distraction Habit

is oftentimes concurrent with the Interruption and Excuses Habits because we allow so many things to pull us off track for so many “good,” “logical” reasons.

**Pattern-Interrupt Peak Life Habit(s):** Commitment Habit, Being Focused Habit

### **Doing Things My Way Habit**

Unless we do something our way, the process feels like sandpaper. When our opinions of how things “should” be or how people “should” act seem to be the only correct ones, then we have this Sabotage Habit.

We probably have an I’m Right Habit, as well. And when we are obsessed with being right, and all its attendant frustration and resentment, we generally are not going to have any breakthroughs. This Habit ties into logic because we create a great circle of logic for why it’s appropriate to do things our way.

**Pattern-Interrupt Peak Life Habit(s):** Seek First To Understand Habit, Coachability Habit

### **Do It Myself/Do It Alone Habit**

Sometimes we can become a little too independent, which is not always for the best. Both of these Habits are Avoid Vulnerability Habits. If we have either of them, or both, we’ll feel that we want to, or are somehow forced to, do everything ourselves and not ask assistance. These Habits most often stem from our childhoods, where we created a world in which doing things ourselves or alone protected us from criticism – real or perceived. These Habits can become handicaps if we carry them into adulthood, where success is often a product of teamwork or mastermind groups. We limit how much we can achieve and how far we can go because we’re so caught up in the solitary web of doing everything ourselves.

**Pattern-Interrupt Peak Life Habit(s):** Vulnerability Habit, Teamwork Habit

### **Doom Loop Habit**

The Doom Loop Habit is a vicious, overwhelming cycle of sabotage. Every week brings a new flavor, a new post to hang our hats on, a new savior. We expect overnight miracles.

For example, let’s look at a person who has recently moved, either to a new home or a new office. They are likely to have a load of boxes that is completely overwhelming. The task of unpacking seems so insurmountable that they not only don’t unpack the boxes, they add more to the pile. Finally, they decide to tackle the entire job in one afternoon, an unmanageable task that only leads to more stress, disappointment and ultimately failure. They have created a Doom Loop.

**Pattern-Interrupt Peak Life Habit:** Flywheel Habit

### **Drama Habit**

Some of us crave so much drama in our lives that we make a Habit of creating or seeking out circumstances that enable access to more. Sometimes we don’t feel our lives are complete without it, so we allow a little bit of calm and then invite the next drama to blow in.

**Pattern-Interrupt Peak Life Habit(s):** Lightning Up Habit

### **Entitlement Habit**

This Habit is about deserving. Under its influence, we feel as though we are entitled to all manner of things, love, money, health, success, etc., without having to work hard for them. We say things like, “I don’t want to do this; I don’t feel like doing this; I don’t know how to do this.” Mere existence, we feel, is enough to merit such a life.

Logic and Justification Habits are a means of permitting this feeling of entitlement. Unfortunately, that’s when it becomes an Entrenched Habit, because justification only reinforces its logic. The fact is, a world of greatness, of true deserving, comes with accountability and responsibility. The Entrenched Habit is tough to break, and it only seems to crumble with some very hard life lessons and letdowns.

**Pattern-Interrupt Peak Life Habit(s):** Living In Reality Habit

### **Expect You To Know Habit**

The Expect You To Know Habit is most common in relationships. We expect our partner to know what’s going on or what we’re thinking – yet often they hold the same expectation of us! At its heart, the Habit is dishonest. True, radical honesty is not present, and communication is poor. The Habit leads to breakdown when let go too long; when we no longer know how to be honest with each other, when the trust has melted and we’ve lost our vulnerability altogether.

**Pattern-Interrupt Peak Life Habit(s):** Vulnerability Habit, Trust Habit, Communicate Accountabilities Habit

### **Fantasy (Vs. Reality) Habit**

In this case, we define reality based on the psychology that runs on, not on actual information. Our worldview lacks clarity or wisdom, and we live in our delusions. To take on this Habit, we start by realizing the impact of our past; Belief structures, the way we were raised, circumstances and socialization. An optimistic outlook on life is often concomitant with the Fantasy Habit, and often leads to disappointment because it is not rooted in reality.

The Fantasy Habit can also wreak havoc in our personal relationships. When we live in the world of “If only he would...” or “If only she didn’t...,” we are lost in fantasy. A relationship based on this type of thinking is not a healthy one.

**Pattern-Interrupt Peak Life Habit(s):** Wisdom Habit, Power Habit, Living In Reality Habit, Facing The Brutal Facts Habit

### **Fear Of Commitment Habit**

If we fear commitment in any area of our lives, we want to examine the circumstances of our childhoods, our family of origin, and any other people who had an influence on us. Who was willing to make commitments and who wasn’t? Where might we have picked up the Habit of being unable to make and fulfill on our own commitments?

Oftentimes with the Fear Of Commitment Habit goes hand-in-hand with a Procrastination or Distraction Habit. We’re not disciplined, focused or being accountable. We have difficulty saying no to things we know we’re not going to do, we will rely on the word try, and we often will wait to see how things work out before we make a decision.

There is a certain terror involved in commitment because it comes with responsibility for fulfilling on it. Sometimes it all looks larger than life, an almost-impossible task. For example, the Fear Of Commitment

Habit often plagues people who are transitioning toward a healthier lifestyle. The commitment to reach a weight loss goal also means the accountability to maintain the lifestyle over the long term.

**Pattern-Interrupt Peak Life Habit(s):** Commitment Habit, Discipline Habit, Accountability Habit, Greatness Habit, Being Positively Focused Habit, Being Responsible Habit, Being Consistent Habit

### **Fear Of Being Complete Habit**

The Fear Of Being Complete Habit is the fear of being successful, having it all, and then seeing nothing else to live for beyond this one success. In this way, this Habit ties into the Fear Of Success Habit.

It's important to remember that it's a false Belief – it's not reality! For example, take a person with medical issues who was given all the right remedies, medications, etc. to treat or even to cure their condition, yet they didn't improve. Perhaps they have a Belief that improvement leads to confrontation with what's next; a cure, would remove all worries, all purpose. Loose ends are more comfortable than a sense of completion.

**Pattern-Interrupt Peak Life Habit(s):** Being Complete Habit, Success Habit

### **Fear Of Failure/Fear Of Success Habit**

The Fear Of Failure/Fear Of Success Habit is closely related to our Sabotage Habits. The roots of the Fear Of Failure Habit run deep, almost always to moments in early childhood when we made our first mistakes or felt as though we had failed someone, even ourselves. We're often left feeling frustrated, angry, hostile or guilty about something we've done wrong or didn't complete on. In other words, we feel like we have failed. We're quick to shut ourselves down when we are criticized with cynicism by friends, co-workers, family or even strangers.

Our human mechanisms are wired to be careful. This is why we may avoid what we consider to be "too much" success. Better to eschew keeping ourselves on track than to invite catastrophic failure. Or we are confronted by the accountability that attends success. And so we create little Sabotage Habits to keep us comfortable in a world that makes us feel inferior. These "inferiority safety zones" keep the world familiar, and ironically, they are uncomfortable and awkward because they don't deliver the life we desire.

**Pattern-Interrupt Peak Life Habit(s):** Pattern-Interrupt Habit, I Deserve Habit, Accountability Habit, Being Responsible Habit, Commitment Habit, Being Positively Focused Habit, Realizing My Goals Habit, Face My Fears Habit, Do My Best Habit

### **Guilt Habit**

The strange thing about our Guilt Habit is that we actually gravitate toward it. We search for it and then milk it for all it's worth because it's such a familiar feeling. We set ourselves up to feel guilty so we can have that old familiar feeling of, "I've messed up," or the feeling that we once again fell short. When we bring this Habit up to our consciousness, we will see it for what it is: a Sabotage Habit. Why feel guilty about making our life really good?

**Pattern-Interrupt Peak Life Habit(s):** Success Habit, Greatness Habit

### **Hard On Myself Habit**

The Hard On Myself Habit ties into the Judgment Habit and the Critical Habit, and we can even go so far as to label it the Self-Deprecating Habit. With this Habit we find ourselves beating our heads on the wall time and time again for not measuring up to our own expectations.

We work harder and harder under the influence of this Habit, “trying” and then feeling disappointed in ourselves, judging ourselves, believing that we can’t do enough, feeling that we can’t do anything right, being too hard on ourselves, having a poor self-image. With the Hard On Myself Habit we may believe we are making too many mistakes or wrong decisions, feel a nagging lack of self-confidence and a lot of self-doubt, and be perpetually caught up in “trying” to be better, to be liked more, to fix the world. We also feel responsible for many things beyond our reach and our accountability. At its extreme, the Hard On Myself Habit can get us stuck in a whirlpool of self-disappointment.

**Pattern-Interrupt Peak Life Habit(s):** Lightening Up Habit, I’m Worthy Habit, Compassion Habit

### **I Can’t Habit**

The I Can’t Habit always pulls us up short. Better to say, “I can’t,” we believe, than to try and fail. It’s also sometimes easier to say, “I can’t,” rather than, “I don’t want to.” And moreover, the I Can’t Habit often ties together with the Overwhelm Habit, as we often truly feel that our stress prevents us from succeeding.

The problem is that we rely on the I Can’t Habit – and its attendant feelings of self-doubt – rather make positive changes in our lives.

**Pattern-Interrupt Peak Life Habit:** Using My Mind’s Eye Positively Habit, Confidence Habit

### **I Don’t Deserve Habit**

The I Don’t Deserve Habit is another way of saying, “I don’t do things right.” We have an underlying Belief that leads us to feel guilty about all the things in life that we’ve messed up. And worse, it’s so familiar that we get rather attached to it.

Instead, we might look back into our lives to uncover where this feeling came from. What do we really feel that we deserve in life? Where did those Beliefs come from? How good are we willing to let life be and how much suffering do we benefit from experiencing? How we answer these questions might indicate an I Don’t Deserve Habit, which often stems from our childhoods. We believe that we just don’t deserve much because we were so often corrected or criticized as a child.

**Pattern-Interrupt Peak Life Habit(s):** I Deserve Habit, Being Exceptional Habit

### **I Don’t Trust Anybody Habit**

Think for a moment about who you really trust in the world. Many of us don’t totally trust anyone, not even ourselves. If we don’t trust ourselves, it’s highly unlikely that we’ll trust anyone else, no matter how trustworthy that person may be. As long as we have the I Don’t Trust Habit, we will remain in the world of “almost.” Importantly, this Habit prevents us from being able to build long-term relationships.

**Pattern-Interrupt Peak Life Habit(s):** Trust Habit

### **I’m A Failure Habit**

With this Habit, when we do something wrong or don’t complete a goal, we feel as though we are failures. This creates feelings of frustration, anger, hostility and guilt – which prevent us from succeeding in the future. This Habit ties into our fears, and oftentimes these fears are unrealistic. We’ll have thoughts such

as, “I’m afraid to fail, people won’t like me, I’ll feel bad, it will be just another black mark against me, I shouldn’t put myself into that position...” This Habit will paralyze us.

**Pattern-Interrupt Peak Life Habit(s):** Success Habit

### **I Make The Rules Habit**

See the Avoid Authority and Doing Things My Way Habits.

When we bring an I Make The Rules Habit into the workplace, it can set up major career obstacles, and gets triggered whenever we feel that we have to do things our way. We instead remind ourselves to stop and ask, “Do I want to be right about this, or do I want to be relaxed, feel good, and be happy?”

**Pattern-Interrupt Peak Life Habit:** Being Vulnerable Habit, Accountability Habit, Coachability Habit.

### **I’m Alone Habit**

The I’m Alone Habit comes from a Belief we formed in childhood that we were truly alone in the world, and so as adults we keep creating a world where we’re alone.

Truly, we are born alone into this world, and we die alone. We’re also born to be social and we can strive to create a life among family and society. This Habit is problematic when we develop such a fear of being alone that it sends us into a terror. Inside the I’m Alone Habit, we will probably find that we feel like we don’t matter, we’re not good enough, or we don’t deserve to have anything good to happen to us.

**Pattern-Interrupt Peak Life Habit(s):** My Relationships Are Important Habit, I’m Worthy Habit

### **I’m Not Doing It Right Habit**

The I’m Not Doing It Right Habit ties into the Confrontation With Success Habit. We may wonder how we can ever be successful if we’re not good enough. When this Habit is running us, we’ll be telling ourselves all the things we’re doing wrong, rather than all the things we’re doing right. We’ll think and acting inappropriately, and not make the progress that’s well within our reach.

**Pattern-Interrupt Peak Life Habit(s):** Success Habit

### **I’m Not Worthy Habit**

The I’m Not Worthy Habit falls under the Master Habit of Judgment. Basically, there’s nothing wrong with judgment; we make judgments every day. We make judgments about the world around us, we make a judgment about whether we’re going to go 40 mph or 45 mph, we make judgments that help keep us safe. When we take judgment down the other path, into the world of “not good enough,” and believe we’re not worthy of any situation or person, then we have the I’m Not Worthy Habit. It leads us to stress and burden. We feel unworthy, and to conceal our discomfort, we expend precious energy on “proving ourselves” otherwise to the world.

**Pattern-Interrupt Peak Life Habit(s):** I’m Worthy Habit

### **I’m Serious Habit**

When we have the I'm Serious Habit, we're keeping the lid on too tightly. Loosen up! Lighten up! Even when we're doing something enjoyable, we can't relax – thanks to underlying Habits like the Justification Habit, the I'm Right Habit, the Playing It Safe Habit, the Seeing What's Wrong Habit, and the Avoid Vulnerability Habit.

**Pattern-Interrupt Peak Life Habit(s):** Lightening Up Habit

### **Insecurity Habit**

The Insecurity Habit is rooted in fear. Inside of us is a wealth of capability and desire, and even deeper there may also lie doubt that interferes with powerful self-expression of our dreams and talents. We fear that we can't or won't measure up to our own expectations or the expectations of others.

**Pattern-Interrupt Peak Life Habit(s):** Playing Big Habit

### **It's All About Me Habit**

We create confrontations that don't have to happen because, when we have this Habit, we're usually being at least a little selfish. Once we fall into selfishness, then our Habit-Wisdom drops at the door.

The It's All About Me Habit fires up, which then turns to selfishness, and then the Being Critical Habit comes out, and before we know it we're saying, "It's not supposed to be like this," and we become resentful. We'll begin to push for our way. And when that happens, we'll predictably have a breakdown. In the throes of this Habit, we are not U-turning our fingers toward ourselves in a productive way, and we tend to take everything a little too personally.

**Pattern-Interrupt Peak Life Habit(s):** Accountability Habit, Habit Wisdom Habit, U-Turning My Fingers Habit

### **It's Not Safe/Fear/Unsafe World Habit**

Our It's Not Safe/Fear Habit leaves us feeling pain and exhaustion until we get it out of our systems. We're exhausted because our heart isn't open; our hearts are burnt out and there's a wall around them. We feel we can't trust anything or anybody in the world – until one day, we realize that we cannot feel safe until we make peace with ourselves, rather than just suffering. We can only feel safe when we learn to trust ourselves. Only then can we reach out and experience safety and trust with others and in the world.

We adopt a Habit-Mechanism to help us to feel safe: as long as we keep our life from getting too good, everything will be okay. Pain is a fear of being hurt. We fear that we're too weak, or that we can be taken advantage of, compromised, or simply being a victim. We can confuse this pain with a feeling that we are actually in danger. The Habit-Mechanism behind it is rooted early in our lives, perhaps with an event whose impact was so huge and so devastating that there is a part of us that can't even deal with such risk ever again.

To Shift from the It's Not Safe/Fear Habit, we recognize that whatever the devastating event in our life, it created a Belief. That Belief will set up our Actions, which create Outcomes to support the Belief.

Another slice of this Habit is that we may think that if we don't expect anything, we will be kept safe from loss. We are so detached from our true desires that we cannot grow.

**Pattern-Interrupt Peak Life Habit(s):** Lightening Up Habit

### **Judgment Habit**

We evaluate and critique others in our minds. This stressful Habit ties directly into the Seeing What's Wrong Habit. It disconnects us from the universal life force, because we aren't showing any compassion and we're not allowing people to be who they are. We waste our energy taking inventory of others. We find ourselves weaving stories that justify our opinions, by inserting judgment, color, and creative distortions into the black and white facts.

**Pattern-Interrupt Peak Life Habit(s):** U-Turning My Fingers Habit, Seeing What's Right Habit

### **Knight In Rusty Armor Habit**

The Knight In Rusty Armor Habit surfaces when we help others through our Good Person and Rescuer Habits, giving advice or otherwise coming to the rescue, minus the key piece of walking our talk. It is a well-intentioned Habit, except that our helpfulness somehow doesn't apply to us. We're likely to have lots of areas and issues that we can improve in our own life, making us a much better role model for others. Instead we have "rusty armor," i.e., their stuff, and live in the world of "Do what I say, not what I do."

**Pattern-Interrupt Peak Life Habit(s):** U-Turning My Fingers Habit

### **Life is Unfair Habit**

This Habit consists of two slices. First, it can be a Habit around feeling like a victim in the world, that the world isn't fair. We believe we've worked hard, lived morally and honorably, and yet bad things have happened to us. For example, maybe we feel we were born to the wrong parents, didn't have a fair chance at success, etc.

The second is ironic: what truly isn't fair is the fact that, while we're playing out the Life Isn't Fair Habit, we cannot live our lives to the fullest. That is the most unfair aspect of it all!

**Pattern-Interrupt Peak Life Habit(s):** Living In Reality Habit

### **Looking Good Habit**

We avoid showing our weaknesses because we don't want people to find out we're not perfect. This relates to the I'm Not Good Enough Habit. We put our efforts into "looking good" – pursuing harmony over productive conflict, popularity over accountability, status over results, and invulnerability over trust. It seems to be a safe road. The Looking Good Habit is simply not reality and will not help us face the facts or achieve productive results.

For example, clients working with a Peak Life Habits coach never want to worry about looking good for their coaches. When we're concentrating on "looking good," rather than really making the progress we commit to, we are not achieving our goals in a powerful way.

**Pattern-Interrupt Peak Life Habit(s):** Being Authentic Habit, Accountability Habit, Commitment Habit, Being Vulnerable Habit, Living In Reality Habit, Discipline Habit

### **Martyr Habit**

When we're being a martyr, we're voluntarily suffering or sacrificing ourselves; being great or constant sufferers. The Martyr Habit is a cousin of the Putting Myself Last Habit and the I'm Not Good Enough Habit.

It's a powerful Limiting Habit because it leads to suffering; we feel incapable, unworthy, insecure, and we lack the self-confidence to put ourselves first. Think of airplane travel, of when the flight attendant tells us to put our own oxygen mask on first before we take care of our children. It's vital to take care of our own health, vitality and well-being first so that then we are in a powerful position to help others.

**Pattern-Interrupt Peak Life Habit(s):** I Deserve Habit, I'm Worthy Habit

### **Missing Things/Spacey Habit**

We all misplace, lose or forget things. When the occasional slip-up develops into the Missing Things/Spacey Habit, it is a sign of overwhelm or distress. It makes us feel a little bit off, a little bit "spacey," because we're often messing up, misplacing things and feeling as though chaos surrounds us. It causes stress, overwhelm, frustration and aggravation, and it's also a time waster!

**Pattern-Interrupt Peak Life Habit(s):** Positive Intentions Habit, Being Focused Habit

### **Narcissist Habit**

The Narcissist Habit is just how it sounds, embracing the It's All About Me Habit and Nothing Matters But Me Habit. When this Habit dominates, we are likely to be self-absorbed, selfish and uncaring to an extreme, even if we don't realize it. The Narcissist Habit is all about putting ourselves first at the expense of others, and disregarding our impact on others.

Peak Life Habits is very much about being compassionate and appropriate with everyone and everything in our lives. The PLH program is all about building trust, joy and authentic structures for all the roles in your life. When the Narcissist Habit is running us, we are inappropriate, poor at listening and inconsiderate.

**Pattern-Interrupt Peak Life Habit(s):** Humility Habit, Being Appropriate Habit, Generous Habit.

### **Needing Something To Be Wrong Habit**

With the Needing Something To Be Wrong Habit, we fix one problem and immediately start looking for another. The root is a Belief that things are never perfect; a bit of chaos makes us alive. This is a more acute version of the Seeing What's Wrong Habit, and is strongly influenced by our childhood environments.

We want to remember we all grow up in an imperfect world and in imperfect homes, and fortunately, as adults, we get to create our own lifestyles, relationships and careers – ones that we want to hang our hat on and say, "Yeah, this feels right, even though it's not perfect."

**Pattern-Interrupt Peak Life Habit(s):** Seeing What's Right Habit

### **Optimist Habit**

Optimism glosses over reality, and we may notice that often in moments of optimism that we do not necessarily confront the brutal facts. Therefore, an optimist's decisions and Beliefs may not be rooted in reality. Instead, they're setups for failure, disappointment, being wrong, seeing what's wrong in the world,

and also for depression. Optimists are much more likely to put together some great scheme, some great event, some hallelujah moment, which in the long run does not lead to success. It's not unusual to see optimists with a Fantasy Habit.

**Pattern-Interrupt Peak Life Habit(s):** Hope & Action Habit

### **Over-Completion Habit**

Sometimes we compare ourselves to others and feel so incomplete in one area of our lives that we overcompensate to the point of over-completion. Something inside us impels us to be so thorough, so complete, that we leave other people in the dust! This can be a selfish Habit when we get so caught up in being complete that we leave another person sort of "spammed."

**Pattern-Interrupt Peak Life Habit(s):** Being Complete Habit

### **Over-Think Habit**

Our Over-Think Habits will generally lead straight to overwhelm. If we're over-thinkers, we tend to veer into super-analysis land. We have difficulty learning that it's okay for things to be easy, that the easy way is sometimes just as productive, because it doesn't take us toward overwhelm, struggle and impatience. The Over-Think Habit is yet another way we can be too hard on ourselves.

**Pattern-Interrupt Peak Life Habit(s):** Lightening Up Habit

### **Overwhelm Habit**

When we're in overwhelm, our minds are so busy working overtime that their capacity to function at peak level diminishes. We become tired, stressed and irritable. We're working so hard to get things done that we may become forgetful, and we're so wound up from scrambling that we miss the important stuff right in front of us. We may begin to feel confused and start doubting ourselves, start hovering over the panic button.

When we reach this state of overwhelm, we also see everything that's wrong with our circumstances, which only contributes to the stress. Some of us live habitually in this state, and may spin ourselves into this Overwhelm Habit consciously or unconsciously. Why create this artificial stress?

**Pattern-Interrupt Peak Life Habit(s):** Lightening Up Habit, Completing Habit

### **Paralysis Habit**

The Paralysis Habit freezes us in our tracks. We allow our other Limiting Habits to take the wheel and put on the emergency brake. We feel stuck, often unsure of which direction to go, and so we don't go anywhere. Our fears keep us from even attempting to move forward because we're afraid to take risks, even appropriate ones.

**Pattern Interrupt Peak Life Habit(s):** Taking Appropriate Risks Habit, Being in Action Habit

### **Perfectionist Habit**

We know won't even start on a project if we think we can't do it right. Talk about paralysis. We tend to be very analytical, detailed, focused and intense, and often the Perfectionist Habit fits right in with the

There's No Time Habit or the Spinning My Wheels Habit. We excuse ourselves by saying that if we don't have the time to do it right, then it's okay not to do it at all. We can instead remind ourselves that an expectation of perfection will inevitably lead to being incomplete and unfulfilled. This is life on earth, and nothing is perfect.

**Pattern-Interrupt Peak Life Habit(s):** Living In Balance Habit

### **Playing It Safe Habit**

This Habit stops us. We draw a line, an invisible yet palpable boundary and we don't cross it. This Habit ties into I'm Not Good Enough, I'm Not Talented, I Don't Know How To, I Don't Trust Others, Insecurity, etc. And the way that works is that we play small, and avoid the challenging Actions that lead to real breakthroughs. Instead, we remain unhappy in our self-imposed safety. This is worlds different from being wise and careful – this limits our personal and professional development.

**Pattern-Interrupt Peak Life Habit(s):** Playing Big Habit

### **Pleaser Habit**

This Habit often stems from our childhoods, usually as a reaction to one of two circumstances: first, where abuse or addiction was present, a child is likely to adopt a Pleaser Habit as a survival technique.

Second, if our parents often corrected us, even if it was because they wanted us to be great, in fact what may have happened was we ended up feeling like we were not good enough. We have a confrontation with not quite believing that we could really be who we want to be or have what we want to have because we've developed issues with self-trust, self-doubt, and self-confidence. We then don't become accountable for taking care of ourselves, and we'll often put ourselves last. Our Habit comes from past desires of wanting to feel accepted, wanting to make someone else happy, and also wanting to keep the peace and avoid conflict.

Our Pleaser Habits can wreak havoc with our personal schedules and commitments, as we spend so much time pleasing others that our Put Myself Last Habit, Appeaser Habit, Can't Say No Habit and Good Person Habit jump into the fray.

**Pattern Interrupt Peak Life Habit(s):** Self-Respect Habit, Resolving Past Issues Habit, Being Appropriate Habit, Believing in Myself Habit

### **Procrastination Habit**

Here's a great Habit to avoid accountability and sabotage our success! Procrastination is a human habit, so don't ruminate too much if you've got this one. You are simply using it to support your avoidance of success – success, which if you had it, would challenge your underlying Habits and Beliefs about worthiness, happiness, true joy and greatness. Regrets in life are often sourced to procrastination, and for this reason, the Habit oftentimes leads to a malaise or complacency. We coast, waiting for the shoe to drop, rather than feel invigorated by our commitment to break the Procrastination Habit.

**Pattern-Interrupt Peak Life Habit(s):** Accountability Habit, Being In Action Habit, Success Habit, Today Habit

### **Put Myself Last Habit**

We are generous and like to be a pleaser. The challenge, however, is that we overdo it and end up missing important tasks in our life and well-being. We'll usually have a bundle of Habits that revolve around taking care of other people and not necessarily taking good care of ourselves. This also can tie into a poor self-image, a feeling of unworthiness, or a longing to be wanted or needed by others.

**Pattern Interrupt Peak Life Habit(s):** Self-Respect Habit, Saying No Habit

### **Remorse Habit**

The Remorse Habit is when we can't let go of the past – people or our identities, events or circumstances in our lives, decisions we've made, etc. We constantly wonder if we did the right thing, how could we have acted differently, or what might have happened if the circumstances were different or we handled a situation in a different way. This Habit can leave us with a lot of regret, frustration, anger and unease. It is not reality-based.

**Pattern-Interrupt Peak Life Habit(s):** Resolving Past Issues Habit, Living In Reality Habit

### **Resisting Organization Habit**

When we have the Resisting Organization Habit, we don't want to face reality. We'll resist the necessary work of organizing, detailing and completing the work in front of us, which is part and parcel with facing the reality of getting done in a systematic manner, charting the data, etc. We'll resist being "too organized." While we resist organization, we experience the Someday/One Day Habit of "hoping to be organized." With this Habit we simply are not willing to confront the brutal facts, roll up our sleeves, and get down to the business of doing the tasks that will keep our lives running more smoothly.

**Pattern-Interrupt Peak Life Habit(s):** Being Organized Habit, Facing The Brutal Facts Habit

### **Reward Habit**

Our Reward Habit can be the difference between good and great. When we're in the process of changing a Limiting Habit; for instance, when we're making changes from unhealthy eating Habits to healthier ones, the Shift from good to great can occur in a single moment. Then we think, "I've lost two pounds in the last two days – I can have a feast tonight!" That is the Reward Habit at play.

We inappropriately reward ourselves for something we have achieved. We make justifications and rationalizations and allow our old Habits to come roaring in as we attempt to celebrate a success. The Reward Habit pushes us off-target by removing the discipline, focus and systematic consistency critical to success.

**Pattern-Interrupt Peak Life Habit(s):** Discipline Habit, Commitment Habit, Being Positively Focused Habit, Being Appropriate Habit

### **Right Time Habit**

Is there really a right time, or is it right now? Those of us with the Right Time Habit often wait for the proverbial "Right Time." The Habit involves storytelling outside of reality, as we invent realities about when and when not to pursue an Action, a communication or a change in career, relationship, fitness, etc.

The bottom line is that only rarely is there truly an appropriate time for a given Action, and in most cases we use the Right Time Habit as an excuse to procrastinate. This Habit has a lot to do with control; we

seek to control a situation, while in reality we lose control because we're not allowing the Outcome to be generated.

**Pattern-Interrupt Peak Life Habit(s):** Being Appropriate Habit

### **Seeing What I'm Not Habit**

We focus on what we're not capable of, not accomplished, never... Fill in the blank. With the Seeing What I'm Not Habit, we look at ourselves with judgment and criticism. This Habit ties in closely to the Self-Deprecating Habit and the Self-Critical Habit.

**Pattern-Interrupt Peak Life Habit(s):** Believing In Myself Habit

### **Seeing What's Wrong Habit**

The Seeing What's Wrong Habit is part of Western culture. This Habit gets us looking for what's wrong about any situation, event or person, rather than looking for what's right. As soon as we see what's wrong, then a cash register appears in our mind. The jingle of the drawer is all we hear, and we can't stop helping ourselves to criticism.

The Seeing What's Wrong Habit is especially troublesome in our relationships because it occludes reality. It may have developed from a lack of trust; we don't trust that things can work out all right or we may even invent reasons why someone or something can't be trusted. And it also ties to the I Don't Deserve Habit, which get us sniffing out what's wrong in our circumstances or relationships because we feel we don't truly deserve something "too good."

**Pattern-Interrupt Peak Life Habit(s):** Seeing What's Right Habit

### **Shortcut Habit**

The Shortcut Habit is self-explanatory. When we have this Habit, we don't do things fully, we miss the mark and we make up excuses to do things our own way.

**Pattern-Interrupt Peak Life Habit(s):** Completing Habit

### **Someday/One Day Habit**

The Someday/One Day Habit is about the future instead of today. It slows us down because when we put things off until someday or one day, it keeps us out of Action and prevents us from achieving our goals and dreams. There is no structure for the objects of our Some Day or One Day Habit, and our conversations about them are equally tentative.

At Peak Life Habits we like to ask clients, "What are the eighth and ninth days of the week?" The answer is that the eighth day is "someday" and the ninth day is "one day!" The challenge of this Habit is that we generally die first before Someday or One Day ever comes. The only day that exists is today.

**Pattern-Interrupt Peak Life Habit(s):** Today Habit, Accountability Habit, Success Habit

### **Struggle Habit**

We linger in the world of struggle, where we “need” to have a measure of frustration and aggravation in our environment. The Struggle Habit feels safer than the Success Habit, because struggling through life becomes familiar – far more so than success – and we’ll actually look for ways to create it. When this happens, we’re off-center. We’re being forceful rather than powerful, and we are living in the world of “reacting” and “trying.” As soon as we “try” to do something, we’re back in our Habit-World of struggle and force. The Struggle Habit can be deep, almost an addiction.

**Pattern-Interrupt Peak Life Habit(s):** Success Habit, Discipline Habit, Focus Habit, Lightening Up Habit, Living In Balance Habit, Being In Action Habit

### **Suffering (Vs. Ease & Joy) Habit**

Suffering is a Master Limiting Habit that was stamped into us during childhood. It’s at the top rung because most of our Limiting Habits have suffering as an Outcome. When we were children, we developed automatic reactions of anger, resentment, sadness, powerlessness, etc. Because suffering has existed in our lives as a Habit, we’ve forgotten or maybe never knew we had the choice not to suffer.

Importantly, what stimulates suffering is an event, followed by our reacting with suffering. Remarkably, we often feel safe and even comfortable when we are suffering because the feelings are so familiar from our past. Even when we are “right” about other people and events, suffering shows up in that moment as resentment and anger. Suffering is embedded in feelings and Beliefs such as feelings of unworthiness, disappointment, anger, strife, distress, offense, hurt, overwhelm, burden or fatigue. In other words, everything but ease and joy.

We can catch ourselves when we put ourselves down, when we go into suffering about ourselves, where we make ourselves wrong, or where we’ve gotten into the Habit of being self-critical. If this is routine, part of us is addicted to suffering. We crave it; thus we have the Suffering Habit-Stamp.

**Pattern-Interrupt Peak Life Habit(s):** Ease & Joy Habit, Freedom Habit, Laughter Habit, Lightening Up Habit, Being Positively Focused Habit, Loving Compassion Habit, Making Powerful Choices Habit, Compassionate Detachment Habit, Choosing Powerful Suffering (Or Not!) Habit

### **Tempting Fate Habit**

Some of us love to bend the rules. This Habit has a lot to do with the rush. A problem occurs, however, when bending the rules risks a breakdown instead of a breakthrough. The Tempting Fate Habit dances around risk. We lack structure around ourselves, and we avoid confronting ourselves about who we’re really committed to becoming and how we’re going to proceed. In other words, we’re not making the best choices and are placing ourselves in jeopardy by taking unwise risks.

**Pattern-Interrupt Peak Life Habit(s):** Greatness Habit, Integrity Habit, Making Powerful Choices Habit

### **This Isn’t It Habit**

We search for what’s wrong with something or somebody, and at the same time, rarely articulate what “*it*” is that we’d like to see in any particular area of our lives. It’s not very likely that we’re ever going to come close to achieving *it* because *it* has been so covert. If we do discover what *it* is, we may not know what to do with *it* or we may not want to confront ourselves with the changes that will be necessary to achieve *it*.

Another confrontation we may encounter with the This Isn’t It Habit is that we feel as though we don’t deserve *it*. When we’re feeling unworthy in this way, we will desperately search for what is wrong with *it* to justify our insecurity. And as we habitually acted this out, this comfortable, familiar and debilitating Belief perpetuates itself.

**Pattern-Interrupt Peak Life Habit(s):** This Is It Habit, Seeing What's Right Habit

### **Trance Habit**

The Trance Habit is triggered when something happens to immediately default us into a behavioral trance of Limiting Habits, and we don't even notice it occurring. The trigger may be an event, comment, circumstance or situation.

When we fall into a Habit-Trance, Limiting Habits that are already wired into our subconscious system activate because they've been stimulated. For instance, some of us slip into trances often, perhaps when it comes to relationships or food. Clusters of Limiting Habits trigger each other, and we act in ways that don't necessarily support compassion, health, or integrity.

**Pattern-Interrupt Peak Life Habit(s):** Being Focused Habit, Pattern-Interrupt Habit, Accountability Habit

### **Victim Habit**

We feel like a victim in the world, that the world isn't fair. We believe we've worked hard, lived morally and honorably, and yet bad things have happened to us. For example, maybe we feel we were born to the wrong parents, didn't have a fair chance at success, are unlucky, etc. When we slip into our Habit-Pattern, we become a victim to ourselves and to our Habits, which perpetuates our feelings. This Habit also ties in with the It's All About Me Habit.

Often clustered with the Victim Habit is the Avoid Conflict Habit and the Pleaser Habit. First, we think that if we challenge someone, we then engage in conflict. Being the victim seems to be the easier road. Or else this Habit shows up in reverse: we are reactive or indignant towards a person or our circumstances. Either way, we often facilitate our own breakdown. We become a participant, which seems safer because we haven't forfeited control.

Second, our Pleaser Habit may move forward in response to our own pain. Pain is a fear of being hurt. When the Victim Habit is engaged, we're afraid of being hurt. We're afraid of being a victim, of our own weakness, of being taken advantage of or compromised.

When we play the victim, we avoid the accountability for changing our life, being powerful, and being responsible for better success. We get to hide and play the victim. The Victim Habit is actually a Covert Sabotage Habit of being controlling; we're controlling the smallness of our life and that feels safe.

**Pattern-Interrupt Peak Life Habit(s):** Living In Reality Habit, Living Powerfully Habit, Being Positively Focused Habit, Going Beyond Almost Habit, Being Appropriate Habit

### **Waiting For The Shoe To Drop Habit**

We're always on the lookout for what's going to happen next. We'll be waiting to get sick, waiting for the next car accident, wondering if we'll twist an ankle, fearing we'll lose our job, etc. We are so certain that something will go wrong that we cannot fully enjoy the feeling of life running smoothly.

We actually make a sabotaging contribution to our lives, and it quickly turns to struggle. We're not living powerfully, not taking the reins, and instead let our fear pull us along.

**Pattern-Interrupt Peak Life Habit(s):** Lightning Up Habit, Living Powerfully Habit, Living In Reality Habit

On the following pages are DEFINITIONS of 50 exceptional

# PEAK LIFE HABITS

These are the great ones, the delicious Habits that will take you to the uncharted waters of wonderful achievements and positively outrageous success in all areas of your life.

## **Accountability Habit**

There are three important components to the Peak Life Habit of Accountability. The first component is communicating and accepting accountability with the people in our lives, both at work and outside. When we take away the reticence that surrounds expectations, we find a new freedom of communication, and freedom from much of our stress.

The second component to this Habit is Self-Accountability. As we grow and flourish, we may tend to get a little bit slippery about our integrity, our accountability and what is best for us. Self-Accountability means that you do what you say you are going to do within an agreed-upon time frame to the best of your ability. It is a personal commitment. We gain a tremendous amount of power from holding ourselves accountable and not pointing fingers at other people. By assessing our commitment, making clear goals and a clear reporting structure, and setting clear expectations, an environment for Self-Accountability Habit is achieved.

The third component of the Accountability Habit is the structure that we create outside of ourselves. We want to be more fully accountable for choosing the people in our lives. Remember, if we're choosing them, then we're choosing their Habits, as well. It's not our job to change them. We're accountable for our own Actions, accountable for our own Habit-Wisdom, and accountable for recognizing the Habit-Mechanisms of the people around us and working appropriately with them. Accountability is all about being in Action and taking responsibility for Outcomes. We want to say, "I'm committed to being even better than I already am, and I'm ready to go on to what is next."

## **Acting As If Habit**

While we're learning new Peak Life Habits, we want to speak to ourselves in positive ways about our commitments. And we want to say it whether we believe it or not! This Habit is all about "Acting As If" or "Faking It Till We Make It," and it will help us move forward powerfully.

When we put our Acting As If Habit into the game, we are able to catch ourselves when we're thinking or speaking in limiting ways. For instance, "I'm 'trying' to do this or I'm 'hoping' to do that." We want to Act As If we're going to be successful, not just "try" or "hope" to be successful!

Also, while we're learning and practicing our Pattern-Interrupts, we'll want to Act As If to make the Shifts. We're going to focus on the Outcomes that we want, choose the Actions to support that Outcome, and then practice working with the Action-Outcome link that will Shift our Beliefs. We're inventing new Beliefs, and we're not even going to care if we believe our new Beliefs; we're just going to identify what the Actions are that support our new Beliefs and take them!

## **Active Listening Habit**

When we're not Actively Listening, we're usually judging and searching for ways to fix whatever it is the other person is saying to us. We often feel defensive. And if we feel anxious, the anxiety circumvents our ability to hear. We probably won't be acting authentically, appropriately, or with compassion or vulnerability.

The Active Listening Habit is best learned when two people choose to take a few calm moments together to begin learning how to be Active Listeners. Even so, the Active Listening Habit can also be learned by an individual. If you are the only person in a relationship to be an Active Listener, you will still start to Shift your relationships into even safer, more trusting and positive places. You will be speaking authentically from the perspective of "I," not blaming others, and not judging or criticizing. You'll also be listening attentively with your ears open to hear the exact words being spoken to you, seeking to understand, and then repeating back exactly what you've heard with no reactions or judgments.

With the Active Listening Habit, you'll be presenting yourself as who you are when you're fully in charge as a powerful, compassionate effective person.

### **Affection Habit**

Affection is simply meeting someone else's needs in simple ways that enable them to feel loved and secure. Affection is especially important for women, and it has a different meaning for them than for a man. Affection is the way to really nurture a woman and have her feel more secure and more relaxed; it is almost always non-physical.

Often men give affection in ways they think are appropriate, ways that don't always speak to the needs of a woman. Men tend to hold back a little on affection because of concerns about vulnerability, being taken advantage of, etc. For men, sex has a tremendous amount to do with how they feel love and affection. A woman's needs are very different.

When we are developing our Affection Habit, our partners will give us all the data we will want about what type of affection speaks to them. Affection is the way to really nurture a relationship. We have created a life with our partners, and the Affection Habit is a part of having fun in the life we've created.

### **Being Appropriate Habit**

It's essential to be appropriate in all of our communications, conversations and Actions with others. We want to be straightforward, clear, compassionate and above all authentic in our behavior. We want to generate a personal commitment to achieve the level of discipline that will enable us to take the appropriate Actions at all times with a focus on the results that acting and speaking appropriately will achieve for us. Each of us wants to evaluate what is appropriate for us in our own life and for our own goals, and then make our own choices about how to move forward.

### **Being Authentic Habit**

The Peak Life Habit of Being Authentic begins with ourselves. We want to first be honest with ourselves about what we want and don't want, then we can be authentic with the people around us. Sometimes people get confused here, and they take authenticity to mean that they are to start telling everybody exactly what they think and how they feel. We want to also remember our Being Appropriate Habit.

What we want is to be seen, as well as authentically be, straightforward, clear, compassionate, appropriate, honest, real authentic people in all areas of our lives.

### **Being In Action Habit**

The Being In Action Habit is the core of Peak Life Habits. When we're Being In Action, we're less prone to procrastination, struggling, being confronted, overwhelmed, distracted or sidetracked. Being In Action helps keep us detached from our Limiting Habits and moving powerfully forward, step by step, as we accomplish and complete goals.

Being In Action is a great way to do a Pattern-Interrupt. As we put the brakes on our old Limiting Habits, we can put ourselves into Action on something else – putting ourselves in a powerful position to Shift to our Peak Life Habits. When we're in our heads (and remember, our heads are a dangerous place to be), in that moment we're not in Action. The roadmap to success and the gate to our futures are found only in the act of developing and sustaining the Being In Action Habit. People in Action get things done and move forward.

### **Being In Balance Habit**

In an ideal world we don't want to live our daily lives with extreme highs and lows or have areas of our lives that are imbalanced, which can lead to overwhelm, stress and problems in our personal relationships. We want to enjoy the occasional breathtaking exhilarations and the realistic valleys that we all experience in life – as points of interest along a relatively steady road.

We want to live without fear, with calm detachment and a smooth sense of balance. The Being In Balance Habit means we regularly assess the many different areas of our life – everything from our careers and financial lives to our health, personal relationships and recreational activities. We want to cruise along in life, learning and progressing without too many extreme ups and downs or imbalances, which we often create for ourselves.

### **Being Extraordinary/Exceptional/Great Habit**

The Being Extraordinary/Exceptional/Great Habit manifests differently in each of us. That is, what it takes to go from good to great varies from person to person. For all of us, patient development of our self-discipline is the key to this Habit. We become great by learning to put new Habits into place using self-discipline and Pattern-Interrupts. Some of us may resist becoming great because “good” or “very good” has been working well enough. Just imagine what wonderful changes could occur if we played the game of becoming extraordinary, exceptional, and great. Remember, this life is not a dress rehearsal. Carpe Diem!

Greatness is a combination of personal humility and personal will. As we say in the Peak Life Habits program, greatness happens peak to peak. In life, it is only from the vantage point of having achieved a goal that we can then see what is next. Greatness does not mean that we've made it to the top and it's time to stop. Greatness means we're ready for the challenge of whatever comes next. We want to develop an impelling yearning and insatiability to achieve more. In our quest to develop this Greatness Habit, we commit to becoming accountable and active – to making decisions while determining what they mean for us personally. By sidestepping our Limiting Habits, we mature into extraordinary and exceptional greatness.

If we're not satisfied with our current achievements, it's time to confront our complacency, our “good enough-ness.” If we yearn inside our souls for greatness, avoiding it won't work any longer. At what point do we stop being a student learning about how to become great, and actually decide that we're now the teacher, ready to meet the challenge head on?

### **Being Inviting/Enrolling Habit**

Our conversations have the potential to expand and enrich our lives, as well as the people we interact with, whether we're talking to strangers or to our best friends. This habit is about being upbeat and inviting, about creating possibilities. When we want to strike up a conversation with someone, we prepare to market ourselves in an inviting and enrolling manner. We begin with powerful, engaging introductions that lead people to want to know more. We want the people in our lives to know that we are committed to them, want to make a difference for them, be in service to them, and at the same time, we want to help them make a difference in their own lives.

We may mistakenly think putting time and effort into the Being Inviting/Enrolling Habit is a waste of time, or we may have fears that if we approach people we might be turned away for acting pushy. Sometimes we'd rather duck our chance of Being Inviting/Enrolling because we're afraid of confrontation, or we're too attached to the Outcome of an exchange. We may fear becoming too vulnerable. Sometimes we lack confidence in ourselves, and fear the simple act of speaking to others. We might have an I Already Know Habit where we think we already know how someone will react to us, and fear a negative response, so

we won't even think about engaging in an enrolling conversation. Because of these feelings we miss valuable opportunities.

By putting our Being Inviting/Enrolling Habit into play, we get to communicate warmly, authentically and calmly. When we approach people in this manner, they open up to us, trust us and feel that someone is really listening to them. Can you already see the magic that this Habit will bring to your relationships?

### **Being On Time Habit**

The Being On Time Habit is an essential arrow for our Peak Life Habits quiver. It's a fun exercise to take a roomful of people, divide them up, consistently late people on one side and consistently early people on the other, and listen to what they think about each other's On Time Habits.

As you are already learning, people are not masters of themselves. Habits are masters of people. If you are in a relationship with a late person and you are an early person (or vice versa), you know that he or she is not likely to change because they're not in charge; their On Time Habits are! Possibly for the first time, you get to look at your own On Time Habits and recognize your own Beliefs regarding them. Remember that as you look out at the world and at other people's On Time Habits, be compassionate and kind towards them. Like you, their Habits run them, and perhaps they have far less control over their Habits than you have been giving them credit for.

### **Being Organized Habit**

The idea behind the Being Organized Habit is to be so organized that we don't have to worry about being organized! We want this to be an automatic Habit. We want to be in Action and have our days scheduled well in order to be productive and powerful. Being disorganized can show up in our lives in many ways: being increasingly forgetful, not making the progress we'd like to make, noticing a lack of structure, not being able to stick to our schedule, or worrying about what we're not accomplishing. Being organized will allow us to get past "almost" in our lives and schedule successes that lead us peak to peak.

### **Being Preemptive Habit**

With Peak Life Habits, we are future-focused and hold the intentions of achieving what we want and being all we can be. For this reason, we want to develop the Being Preemptive Habit. With this Habit we will more readily see the shadowy Habit-Mechanisms that have been churning out predictable results in many areas of our lives, results that are not in alignment with what we say we truly want.

The future is guaranteed to happen according to the way we operate and act in the world. Even though our Habits may have conspired against us in the past, we can preempt the predictable as it attempts to script our future once again. We'll preempt what is already shaping up to be normal Actions/Outcomes in our lives, by first identifying what our predictable future is, and then by breaking the mold. We look into our basket of Habits, we look with clarity at what we're doing, and then see the predictable Outcomes. Remember the saying, "Insanity is doing the same thing and expecting a different result?" As we begin to Shift our perspectives and Shift our Limiting Habits, we automatically Shift the Outcome.

This is an important Habit to deploy when interacting with family, friend, co-workers and significant others. We cannot expect people to be different from who they are – we are the ones who are being trained to be preemptive, so we can only stop blaming others for what they cannot change, see the reality, and change ourselves in order to change the Outcomes. That is the Being Preemptive Habit in Action!

### **Being Proactive Habit:**

This Habit is about being in Action from the beginning and staying in Action to see our goals completed and dreams achieved. As we jump into a project, program, relationship, career shift, etc., we do all that we can to turn our intentions into realities through positive Action. In other words, we don't want to sit back and see what happens. We initiate, plan and follow through with impeccable discipline.

### **Being Vulnerable Habit**

Check this out: vulnerability = power. Think about it. Did you feel a little anxious about being vulnerable? Many of us learn early to protect our hearts and avoid vulnerability, to keep safe from feeling hurt. Yet as adults, we've seen that the best CEOs, athletes, parents and friends are the ones who allow their hearts to show. As adults, no one can hurt us unless we allow it.

This is not about being weak; it is about being strong. Vulnerability is about being compassionate and generous with love. We can't experience a breakthrough in intimacy without allowing ourselves to be vulnerable – not vulnerable in order to get hurt, but vulnerable so we can see what the world is up to. Vulnerable so that it's not about us. Vulnerable so we can make room for other ways of being and feeling.

Be vulnerable and powerful at the exact same time. In other words, be open, compassionate, understanding and loving while at the same time being appropriate, authentic, and wise. Do them together – that is true “Level 5 leadership,” as Jim Collins, the author of Good To Great, would say. The Being Vulnerable Habit actually gives us great freedom to be true to ourselves.

### **Catapulting Habit**

The Catapulting Habit is a metaphor for discipline and persistence. By carefully and patiently moving forward in the exact direction and with appropriate and timely actions that support the achievement of your goals, you can set yourself up for a tipping point, and slingshot your way to success. Miracles happen by being in Action.

As you carefully pull the catapult back into position by doing everything right, avoiding procrastination, interrupting your Limiting Habits, and staying in Action, the catapult forward is a piece of cake. When we catapult ourselves in the right direction, we're sure to hit the target that we have been aiming for.

Our success will anchor us as we move forward. We anchor into the wonderful place we reach after we've catapulted past whatever has stopped us in the past and whatever might get in our way. It's at this point that we realize it really wasn't all that hard, and that our fear may have been our biggest challenge of all. The rest is simply the discipline to continue our climb towards success.

### **Commitment Habit**

Essential to our success in our lives and in the Peak Life Habits Program is personal commitment. One of the most important things we possess as human beings is our word.

Self-discipline and accountability help us truly keep our promises. We want to ask ourselves these important questions, “Am I committed to being the best I can be? Am I committed to going all the way in my life? Am I committed to having what I say I want to have in my life; to having the kind of life that I declare I'm committed to having? Am I truly committed to what I say I'm committed to? Am I reliable?” We want the answer to all these questions to be a powerful, “Yes!”

Our task is to explore and circumvent contradictory Limiting Habits that can destroy the integrity of our commitments, whether we're executives, parents, spouses or even just friends. When we make and keep our commitments with integrity and discipline, we create the kind of universe where the planets line up

before us. If we continue to cultivate our Commitment Habit, our minds will be clearer, our focus sharper, and people will trust and respect us. We'll feel great – so this is a self-perpetuating Habit!

### **Compassion Habit**

Our Compassion Habit is all about releasing delusional Habits like the It's All About Me Habit, and instead learning (and choosing) to be more forgiving, showing acceptance, being patient, understanding and loving.

Once we've experienced a breakthrough in understanding our own humanness, we can accept our foibles and be compassionate, understanding, and accepting our identities. From a place of compassion, we can then begin to guide our own Habits, and focus on being compassionate toward the people in our life.

This is really about being a powerful human being. Compassion allows us to respect differences, and respect others from their own Habit-Stamps, unique Habit-Mechanisms and the resulting worldview.

This Peak Life Habit works in tandem with the Seeking First To Understand Habit. It's all about looking at things from a perspective different from our own, with the aim of better understanding where another person is coming from. Then we can expand this loving compassion and generosity out into the world and allow the other people in our lives to be who they are. We won't feel that we have to make people wrong for being exactly and perfectly the way they are, with their imperfections. Authentic intimacy with others is a consequence of our being vulnerable and compassionate.

### **Completing Habit**

The entire Peak Life Habits program is designed around objectives, creating Habits and Actions to support those objectives, and then fulfilling on everything there is to do. The Completing Habit applies to both long term goals and short term moments, because even the act of answering a phone or opening an e-mail requires a series of actions. Otherwise they hang out waiting for our further attention, incomplete in our minds, cluttering our internal dialogue.

We want to take on any fears we may have about completion or being complete so that we can move forward. As we get things done, and then get more things done, we feel encouraged to get even more productive, reach even greater success, and accomplish our greatest goals. We can open up a brand new world.

### **Confidence/Belief In Myself Habit**

We want to get underneath our skins and really ask, "What do I believe about myself?" What we really want to have going for us is our own Belief in ourselves, and then we want to keep on believing it and then believe it some more! We want to have the discipline and unwavering commitment to not stop. We want to believe that we are worthy of what we want and truly deserve to reach our goals. When we feel this way, then we will have the Confidence/Belief In Myself Habit.

When we have trust in ourselves, we know that we will do our best, do it with integrity, and deliver exactly what we say we will. We don't doubt our confidence – we jump in and play the game. This is what puts the "great" in the great athletes and the great executives. They suspend their disbelief, decide to play confidently, actively and aggressively with discipline, determination, will, and relentless rigor. Miracles materialize.

### **Creating Intentions Habit**

How are we going to generate the champion in ourselves? How do we create that person coming into existence? What are the Actions to take? Create the Creating Intentions Habit!

Intention is the resolve to fulfill a goal. It's the fuel we pour into our plans, and it powers us past the confrontations we may come up against that keep us in the land of "almost." Setting intentions is a conscious, present act. We focus with discipline on our commitments and then challenge ourselves to achieve. We want to settle for nothing less.

### **Creating My Destiny (Vs. Fate) Habit**

Carl Jung said, "Fate we lie down for and destiny we create." We want to live our lives with both eyes open, so we cultivate the Creating My Destiny Habit. Fate is something that happened to us when we were kids; destiny is what we create as adults. And there's only one destiny that we actually can control, that of our own.

### **Creating Structures For Success Habit**

The Creating Structures For Success Habit enables us to break through barriers in our lives. We can discover true ease, balance and gentleness when we have a structure and a schedule to accomplish our objectives. It's then that we will get a sense of accomplishment that drives us towards even greater success.

Good structures for success are flexible. We're looking for solidity, not perfection. The building can be a playful process, and we can have fun with them. When we have structures in place around us, we can get clear about who we're committed to being and how we're going to proceed. Scheduling our successes and creating structures for fulfilling and achieving these successes is in fact creating the life we desire.

### **Detachment Habit**

The Detachment and Lightening Up Habits are both key effective human Habit-Mechanisms. They are synonymous.

The Peak Life Habit of Detachment is a proactive and empowering Habit that allows us to be in Action, to be a better listener, and to suspend our judgments so we can be fully present in every situation. Detachment so described has nothing to do with indifference. We are talking about the freedom to fully alive, present and accountable for controlling our Limiting Habits. The reward is wisdom both thought and action, and the chance to fully avail ourselves to people, moments and situations.

When we detach from something or someone, we remain compassionate. What we detach from is our Habit of doing things our way, suffering, making a situation all about us, and assigning so much meaning to the events in our lives. Detachment allows us to make choices that are appropriate, thanks to new clarity and level-headedness. Detachment is akin to being spiritually centered.

The Detachment Habit is so powerful. On the one hand it's like being in the zone, because we're totally immersed. We also step back in a way that protects us from emotionally caught up in a way that is destructive or disempowering. It is about surrender, acceptance, compassion, and love for ourselves. Remember the great secret in life: "It's not about me." Everyone is run by their Habits, so keep your wits about you by deploying your Detachment Habit. You make a brand new ascent toward vulnerability – and remember, be Gandhi... allow and relax.

### **Determined To Succeed Habit**

This is a Master Peak Life Habit. We will feel it in our gut and heart as we strengthen the muscle of great happiness and powerful success. It embraces many Peak Life Habits including Discipline, Accountability, Action, Focus, and the practice of deploying our Pattern-Interrupt Habit at all times to stay on course. It is the Determination, the Unwavering Resolve that carries you forward to smash right past your Limiting Habits. (Or just sidestep them...)

### **Determining My Goals Habit**

Identifying our goals is the first step toward the light of success. It is always an important step, the point at which we hand ourselves over to our Discipline, Persistence, and Action Habits.

As we're determining our goals, we ask ourselves, "What are my true underlying Beliefs about my goals?" We don't want to set ourselves up for failure by choosing unachievable goals. Of course we can set any goals we want, so long as we first work with our Habits to pave the way. If we don't have the Habits that will get us to our goals, then they're only pipe dreams.

We want to get into the Habit of regularly articulating the goals and Outcomes we desire so that we can move forward powerfully.

### **Discipline Habit**

The Peak Life Habit of Discipline is somewhat ironic because once discipline is a Habit, there is actually nothing to be disciplined about. Self-discipline is absolutely key to greatness, and we will see it in almost all highly effective, successful people. They keep a strong degree of personal accountability, they allow the results to show up in their lives, and then they keep being disciplined.

What carries us through the day is a certain measure of discipline, and we each have our own individual measure that we will want to sustain and increase. We want to develop our discipline muscles so that our mind's eye stays focused on our intentions with each disciplined choice we make.

If you're struggling with your Discipline Habit, you're almost certain to also have the Doing It My Way Habit. You'll find yourself slipping in the area of discipline and defending your rights to do things your way, and may have a fear of discipline. Being good enough is okay with you. If this is the case, you will want to ramp up your Discipline Habit by being rigorous, dogged, determined, diligent, precise, systematic, methodical, workmanlike, demanding, consistent, focused, accountable and responsible.

### **Emotional Fortitude Habit**

The Emotional Fortitude Habit means that we have the courage to do whatever it takes to power forward. Whether we're dealing with ourselves or dealing with other people, this is a key Peak Life Habit. Once we see our Habit-Mechanisms, we can find new comfort and strength in that awareness. We learn to create Pattern-Interrupts and stop dwelling on our shortcomings (a Covert Sabotage Habit).

Wayne Dyer, author of The Power of Intention, says, "Self-awareness gives you the capacity to learn from your mistakes," and "When you know yourself you can master yourself, take responsibility for your behavior, adapt to change, adhere to your standards of integrity and honesty. Self-mastery is true self-confidence." This is the Emotional Fortitude Habit.

Emotional fortitude will remind us that we are the leaders of our own lives, and with this fortitude as our safe harbor, we can move forward in our great journey.

### **Facing The Brutal Facts/Living In Reality Habit**

A Peak Life Habit is to frequently do a “brutal fact check-in” about what our Beliefs really are in regards to our goals and desires. Can we really do what we want, or are we stuck in fantasy?

Our intentions are worthless if they are not authentic. By confronting the brutal facts (what Susan Scott, in her book Fierce Conversations, would call *the ground truth*), we get to assess if we’re serious or just full of hot air when we tell people about our heart’s desires. In the Peak Life Habits program, we get to live in reality, collect the data, look reality straight in the eye and stop dancing around it, stop making compromises with our integrity, and confront the brutal facts. Miracles happen through disciplined Action.

### **Going Beyond Almost Habit**

We are truly not going to give up; we want to go all the way. When things get tough and we feel like throwing in the towel, we keep on going. This key Habit is about being responsible for the achievements and successes in our lives.

### **Hope & Action (Vs. Optimism) Habit**

Hope and Action blend together perfectly for this Peak Life Habit. Hope is a force to be reckoned with when it operates with Action, and it catapults us to our peaks. Being hopeful is different than being an optimist – a subtle, important difference, because optimism is not based in reality.

Someone who uses their Hope & Action Habit to pursue their goals and objectives is poised to confront the brutal facts when necessary. When hopeful, we are grounded, centered, and balanced.

### **Feeling Safe Habit**

Feeling Safe with ourselves and the world around us is of extreme importance, because a sense of internal security helps us make our forward leaps. It fits well with both the Vulnerability and Power Habits for the same reason. We let ourselves trust the world, our employers, children, families, friends and significant others to be who and what they are – we can only control ourselves. Anything else is a waste of precious energy.

If we don’t feel safe, then we hang onto our old patterns because they’re comfortable. We want to challenge and dispel our fears, our distrust, and the false protective mechanisms we have created, and infuse ourselves with confidence in our own strength. The world is what it is; be wise about your choices, and feel safe.

### **Flywheel Habit**

The Flywheel Habit is a metaphor borrowed from Jim Collins, who wrote Good To Great. We patiently go inch by inch, step by step towards our greatness. It is exactly the opposite of the Doom Loop Habit. When we are exercising our Flywheel Habit we are staying in Action, side-stepping Limiting Habits, keeping our forward motion and achieving our goals. The Flywheel Habit is one of the most important Habits of greatness in managing our life, our family and our careers.

### **Focus & Clarity Habit**

We develop greater focus and clarity as we travel down the Peak Life Habits road. We are already clearer on what we are committed to having, and more focused on what Habits have held us back.

Through the Focus & Clarity Habit, we accept our lives and lighten up about our foibles, which gives us time to focus on our great goals.

This Habit is the distinction between good and great in our lives. Focus is the way miracles happen. When we focus on our goals and act intentionally towards them, the planets line up. We can also methodically move our Sabotage Habit-Mechanisms out of the way and sharpen our Discipline, Structure, and Organizational Habits.

### **Freedom To Choose My Habits Habit**

The Freedom To Choose My Habits Habit is like taking a deep cleansing breath and letting life permeate us. It's about feeling compassion and love, feeling plugged into the world, and feeling powerful and safe. This is the umbrella that is supported by all the other Peak Life Habits.

It's not about the feeling of freedom we may get when we're doing whatever we want and not caring about other people or their reactions. We get to be powerful and appropriate, and people will love being around us. We'll be happy with ourselves, taking on our successes, making and keeping commitments to ourselves and allowing ourselves the freedom to become the people we want to be.

### **Integrity Habit**

Integrity is a powerful place! We make the choice to live with clarity about our humility, compassion, principles, honesty and sincerity. We will earn the respect of others when we learn how to draw the line on an issue and not bend, break or erase it. Integrity is not about righteousness or imposing morality on others.

As we move forward step by step in the Peak Life Habits Program, we'll re-invent and strengthen our Integrity Habit one step at a time. As our integrity grows, we'll be Shifting how we're being in the world, and as we stick with integrity to commitments, careers, relationships or schedules, we'll start to see the miracles happen.

One of the most important things we possess as human beings is our word. We want to sidestep contradictory Limiting Habits that can destroy our integrity or our commitment. The satisfaction we feel when we are acting with integrity and keeping our commitments to others and to ourselves is extremely fulfilling, and if we cultivate our Integrity Habit, our minds will be clearer, our focus sharper and people will trust and respect that we are our word.

### **Keeping My Word Habit**

The Keeping My Word Habit creates great trust with our friends, families and co-workers. And trust is the foundation of teamwork, which is an important component of creating the lives we love. Sometimes we may not even realize that we're not keeping our word. In Peak Life Habits we call this a Slippery Habit. We let ourselves off the hook, so we may not be fully conscious of how often we make commitments and how often we let them become slippery. We want to get clear on what we're committing to and then fulfill on our commitments by being diligent in practicing our Keeping My Word Habit.

### **Learning Great Lessons From My Failures Habit**

We champion our failures because they are how we reach success. We often learn valuable lessons when life doesn't follow our plan, when we experience pain, failure and loss.

A favorite quote of Anthony Robbins goes something like this: “Sometimes our worst days are our best ones and we just don’t realize it until much later.” Painful times give us knowledge and wisdom we otherwise would never have received, which we can then take out into the world and impart that knowledge to our children. Best of all, this wisdom will help us make our homeruns, even recognize an opportunity for something that may not look like a homerun, but actually is!

### **Lightening Up Habit**

Life is more fun when we lighten up, stop making ourselves wrong, and stop suffering. We get to smile, relax, dismantle our opinions and Limiting Habits, and take on the power of who we are. This is life on earth, with all its heartaches, broken bones, regrets and missed opportunities. No matter what we do or how we live, life will bring us all manner of challenges and rewards. Perhaps as we detach and lighten up, the world around us will lighten up, too.

We Shift our suffering by knowing that whatever it is we do, however we behave, is simply what we did, rather than “I feel badly and I’m not a good person because I didn’t do what I was supposed to, hoped to...”

When we are detached and lightening up in the world, life is a wonderful and safe place to be. We get to let go of the urgency around “needing” to be right, around “winning” and “losing.” We don’t go into the negative so much, and we are able to step back and not be so attached to the Outcomes.

### **Making Powerful Choices Habit**

When we have important decisions to make, we come face to face with ourselves. This key Peak Life Habit means making powerful, appropriate choices when we face those decisions.

We develop this Habit by accepting our past. We want to dig underneath and accept our humanness, flaws and successes, and then ask ourselves, “What do I want *now*?” Peak Life Habits is all about becoming free from the bondage of our Habit-Mechanisms that came into our lives by virtue of our family of origin and our experiences.

At some point we all come face to face with our life and our own mortality. We face the fact that we can never get today back again. How will we live, in struggle or in victory? We want to powerfully choose to win and recognize all our Limiting Habits, dismantle and disempower them, and begin to do it *today*.

When we use our Making Powerful Choices Habit, we acknowledge our free will and our ability to make decisions about who we are, what our life is about and how we’re going to live. To use a baseball metaphor, we’re both the pitcher on the mound, and the batter. The world isn’t throwing baseballs at us.

### **Modeling Well For Our Children Habit**

Parenting is a commitment and responsibility, and we want to be the best role model possible. If we aren’t being the best parent we can be, then our child(ren) won’t see integrity, success, passion, or even self-improvement in action. If we don’t reach our potentials as the best parents we can be, then our children will find it more difficult to reach their own potentials, as well. Remember, Habit-Stamps.

Even if we think our children are not paying attention, we will always be the single most important influence in their lives. The best way to influence them is by how we lead our own lives, not by how we parent. It’s what we represent to them and show them by our example, without forcing it on them, that they will remember into adulthood. We don’t want to look back on our children’s lives and have regrets because we didn’t parent as well as we could have. We want to see our children grow up to be competent, successful adults.

We want to hold ourselves accountable for as long as we are parents to keep learning how to be the best parents possible. Even when our children are grown, they're still going to be watching and learning from our actions, really for our entire lives. How we manage aging and integrity, our emotions and relationships.

Being accountable for our parenting doesn't mean we force our children to behave in a certain manner. Being accountable means learning through the wisdom of the ages, from books, teachers, and people who have studied, and being extraordinary human beings in our own life. That's the best way that our children will ever develop the positive Habits that will lead them successfully through their lives. It's not up to our children to figure out how to reach their potential; it's up to us to parent them so that the pathway is open for them emotionally to get there.

### **My Relationships Are Important Habit**

We want to make our close relationships the very best that they can be. We don't want to miss closeness, vulnerability, intimacy or authentic conversations with others because of our own feelings of insecurity, uneasiness or fear.

When we place a high priority on our relationships, we don't expect too much from another person because they get to be who they are. By doing this we don't end up feeling resentful or critical, and we won't be easily triggered by their behaviors or Actions. We want to be acknowledged by our partners and allow them to feel the same way without selfish demands, disrespectful judgments, or angry outbursts. We want to strive to lovingly manage life together without negative thoughts and Beliefs about the relationship.

If we do not practice this Habit, some of our old Limiting Habits are likely to pop up, such as our This Isn't It or Seeing What's Wrong. Oftentimes when we're struggling and suffering in a relationship, we withhold our love and shut down. We can, however, replace any finger-pointing, shaming or blame with our Compassion and Detachment Habits, which allow us much greater freedom and satisfaction. When we are giving our relationships the importance they deserve, many other areas of our life will fall into place, as well.

### **Passion (Vs. Addiction) Habit**

It is our inner child, our heart chakra, our intentions from deep within us that call us towards them with fun positive feelings of love, joy and pleasure. We want to have a clear idea of what passion means to us and what we are passionate about in life. To help develop our Passion Habit, it's a good idea to make a Passion List of things that we really get excited about. Our list will help us to stir up our passion and remind us of things we love or have loved. Passion renews our vitality.

There is a very fine distinction between having a passion for something and having an addiction to something. Passion helps bring us to greatness and keeps us moving forward, while addiction only distracts us. Addiction lacks judgment and control. True passion is completely positive.

### **Patience Habit**

The Peak Life Habits Program is a continuous improvement program, and to reap the benefits fully, we can call on the Patience Habit for help. Most of our goals and dreams are realized through commitment, discipline, persistence and patience, because greatness is a series of small steps. We don't want to rush through the important points of this program's specialized teachings – or of any other goal that we're diligently focusing on. Greatness is worth the time you put into it.

### **Pattern-Interrupt Habit**

Interrupting our Limiting Habit-Patterns is the essence of Peak Life Habits. When we look back at our Habit-Chains, we'll see the Beliefs that connect to the Actions that in turn connect to the Habits in our vicious circles of Limiting Habits. By interrupting our Limiting Habit Chains, we can change our Beliefs, Actions, and best of all, the Outcomes.

As we are interrupting our Limiting Habits, we want to remember that our Habits exist on both a conscious and a subconscious level. We often have "auto-pilot" Habits operating below the radar as a natural stimuli response. Something triggers it, and BOOM, one of our Limiting Habits shows up. We are taking a very powerful step when we begin recognizing these Habits and then interrupt them when we're triggered.

Pattern-Interruption is a crucial step in attaining breakthroughs. If we aren't practicing our Pattern-Interrupt Habit, our Limiting Habits retain control. We want to become sentries constantly on the lookout for Limiting Habits in our daily routines. With practice, our Pattern-Interrupt Habit becomes easier. And as we keep repeating our new patterns, we become Action-oriented. We'll begin to quickly recognize our old Limiting Habits and in minutes or even seconds be able to interrupt a Habit-Chain or a Belief-Link. This will then allow new Habit Spirals to grow, ones that put us into positive Action.

### **Personal Humility Habit**

We benefit greatly by developing our Humility Habit. Those humbling moments teach us about compassion, detachment and vulnerability.

Personal humility sparks excellent leadership because it embraces accountability. It is both about acknowledging others for their accomplishments, and taking responsibility for our own less-than-satisfying moments. We also want to be able to accept suggestions or constructive criticism for the help it will bring to us in our efforts towards self-improvement. It's okay to make a mistake; in fact, people respect us because of it.

### **Playing Big Habit**

We get to kick our Head In The Sand Habits out the door and consciously, powerfully replace them with our Playing Big Habit! We demonstrate the will, the resolve, and the commitment to do what's necessary in a powerful way, because it produces the best long-term results. And as we Play Big, we learn and grow along the way.

### **Positively Outrageous Success Habit**

We want to have it all in our lives. And in order to have it all, we begin by articulating our goals. We don't have to worry about declaring exactly what we want, because with Peak Life Habits we can fulfill on many of our resolutions. We get to look forward to many achievements and focus on what's next, peak after peak.

In the Peak Life Habits Program, one of the first goals we want to achieve is attaining the gold standard of rigor – of keeping our goals in sight and reaching them. That is what the Positively Outrageous Success Habit is all about. At the same time, we know that life is exactly the way it is, and we are human. We can set any goal that we want, and begin by developing the Habits to get us there.

With the Positively Outrageous Success Habit, we make a practice of articulating our goals and achieving them by identifying positive Actions we could take, and then taking them, step by step, using the Reverse Timeline Scheduling tool.

### **Power Action Language Habit**

By simply Shifting tentative, limiting language to positive Action language, we gain freedom from language-imposed burdens, negativity and feelings of overwhelm. Why is both our internal and external dialogue so important, you may ask? Our brains are remarkably mechanical in manifesting our realities based on the thoughts and words we use. Our dialogues directly relate to our Actions, opportunities to have the life we desire, to achieve what we want, and moving from possibilities to probabilities and then to realities. All Action starts with the language that instructs, declares, and commands.

Imagine for a moment the difference between doing work that we're "committed to getting done, want to get done, and that we enjoy getting done," as opposed to work that we "have to do, need to do, will try to do, or should do." Or look at the difference in these next two phrases: "I've been too busy to look over that paperwork like you asked me to." And, "I wanted to take enough time to really look this over before I gave you my response. I'll read it and respond to you on Monday." Which one contains the most positive energy?

Beginning with language, we Shift to more positive internal and external communication, and take a giant step towards the Promised Land of success.

### **Power Scheduling Habit**

When we aren't following an organized schedule, we carry a lot of information around in our heads. Like a computer, our minds only a limited amount of space to hold data. A lot of us have so much going on in the background of our minds because we're keeping so much data up there, that we can't really be present in the moment. Also, when we're not putting things down in a single, organized schedule, we have no accountability to actually do anything. We'll find ourselves stressing and struggling because we have no structure for fulfillment.

When we take on being master schedulers, we also take on our Limiting Habits, such as our Avoid Accountability Habit or our Don't Tell Me What To Do Habit, maybe so much so that we'll use those Habits to avoid our schedule's authority. We'll also notice a Spinning My Wheels Habit, won't accomplish enough – as though time is controlling us, rather than us controlling our time. When our lives are lived in such a random way, we'll find ourselves saying yes too often, and having quite a few "some day/one day" conversations. A lack of a schedule is a lack of accountability and commitment.

The Power Scheduling Habit will allowing us to be more in control of our lives by being organized, effective, productive, committed, focused, accountable, responsible and disciplined, and less overwhelmed and stressed.

### **Power (Vs. Force) Habit**

A good description of using our Peak Life Habit of Power (Vs. Force) is by thinking of it as being effective and consistent versus being overwhelmed and demanding. When we use our power we become effective; when we use force it's all about imposition.

The only person that has power in any situation is ourselves. Making somebody else wrong is often an escape for not dealing with ourselves and our behavior. We want to maintain our power and vulnerability to make sure we stay on track in the world of vulnerability and power, and away from pride and force. This Peak Life Habit of Power is really about taking control of our own lives.

When we become powerful human beings, we become compassionately detached and allow other people to be who they are. When we concentrate on our power, we spotlight our personal qualities, which helps us become the person we aspire to be. The Power Habit is all about creating our minds as *the* most powerful place to be, where we, not our old Habit-Mechanisms, are in charge.

### **Preemptive Visioning Habit**

When we are exercising our Preemptive Visioning Habit, we turn off the auto-pilot on Limiting Habits, and take over the wheel. Preemptive Visioning is a process by which we use our Pattern-Interrupts to preempt the Habit- Mechanisms that are scripting predictable, undesirable Outcomes.

With this Habit, we articulate what we want to preemptively create a feeling of *already* having achieved our goals. We use our “imaginal mind” powerfully, to fully imagine and completely visualize and embrace with completeness in all senses the manifestation of our goals. This is also known as “metaphysical invocation.” The Preemptive Visioning Habit is the cornerstone of focus and disciplined persistence.

An aspect of this Habit is to Shift our language to support the mechanical nature of our brain (see Power Action Language Habit). The words and images we hold in our mind are likely to be manifested in our reality.

### **Putting Myself First, Modeling Habit**

Putting ourselves first, like many Habits, can serve either side of the Habit aisle. Just like on an airplane, we put on our own oxygen mask first. The best way to help people, our family, friends, kids, everybody, is by modeling a great, successful, joyful life of achievement, love and compassion.

We serve the world better when we break through our success ceilings. To paraphrase Wayne Dyer, you can't get sick enough to heal another person; you can't get poor enough to help another person achieve abundance. We can powerfully create a great life that helps others create their own, simply by exemplifying ourselves.

### **Resolving Past Issues Habit**

When we don't have true resolution regarding a past issue, we aren't as able to move forward. We can use the Resolving Past Issues Habit to learn valuable lessons from our previous experiences without clinging to the baggage they've left on our doorstep. When we are able to resolve those issues, we become rich in knowledge and wisdom, and appreciate those experiences for having molded us into the unique person that we are today.

### **Resolving Prior Commitments Habit**

We Shift from leaving things incomplete to instead fulfilling our commitments and honoring our word. Part of this Habit starts with our willingness to honestly assess which commitments we've ignored, let fall through the cracks, were never really going to do (our Good Person and Saying Yes Habits got in the way of saying an honest no), etc. We frankly assess and communicate what we are really going to do and what we are not.

By resolving our prior commitments and taking on a new Habit of only making commitments that we are going to keep, we gain a sense of freedom and integrity that we didn't even realize was missing. There is nothing like the great feeling of being on top of our commitments.

### **Responding (Vs. Reacting) Habit**

There is a big difference between responding and reacting. It's only human to react to someone or something, especially if our buttons get pushed. And that is the time for a swift Pattern-Interrupt that pre-empts our reaction with a deep breath of detachment and compassion. Then we pick a Peak Life Habit, and respond. We will become much more in control, appropriate and productive in our lives.

### **Saying No Habit**

We want to become an expert at saying no so that we can say yes powerfully. With the proper language skills, we can become experts at saying no while still leaving everybody happy, including ourselves. A simple practice involved in the Saying No Habit is to say no in spontaneous requests for your time and instead compassionately schedule an appropriate meeting time instead.

An example of the Saying No Habit at play is an executive with an open door policy who constantly gets side-tracked by walk-in interruptions. This executive could say something like, "I am really buried right now, and I also appreciate your situation and want to meet with you right away. Do you have your schedule with you? Let's schedule a good time together when I can give you my undivided attention."

We want to remember that sometimes when we say no, it is a relief to other people. We respect people who can say no. Their integrity draws a clear line, and we trust that they won't backpedal. This makes it very easy to communicate and work together.

### **Seek First To Understand Habit**

If we're not seeking first to understand, we're setting ourselves up for stress and aggravation. How many times do we lash out, cut someone off mid-sentence, and make assumptions about what is and what isn't?

Instead, just as Steven Covey suggests, we want to seek to understand more fully by asking and listening, and then asking some more. We become more compatible and wiser in all our relationships, personal or professional. We want to ask a lot of questions to better understand whatever issues we are facing. Then after we ask the questions, it's just as important to listen carefully to the answers. We can develop the art of quality listening with true patience and without unnecessary bias. The Seeking To Understand Habit will put us fully in charge and enable us to become even more powerful, compassionate and effective.

A good example of the Seek First To Understand Habit in the workplace is during dynamic, interesting, empowering discussions in meetings. When we seek first to understand, we learn important data that will influence how we manage employees and respond to issues. This is often the best way to facilitate a meeting – as opposed to preparing a detailed monologue. To put this important Peak Life Habit into play, we want to be prepared, know what materials to bring, and also know what we want to leave our audience with when the meeting is over. When we use a question and answer format, one question will lead to another and to another, and the meeting will flow. Even if the topic is one that we are an "expert" on, we'll still be surprised at how much we can learn.

True power comes from vulnerability. We want to learn how to talk "with" people, not "at" them, and to truly listen to and understand what they are communicating to us.

### **Surrender Habit**

The Surrender Habit is about acceptance. It is about working with our power through compassion and understanding, instead of using force and resentment. We get to surrender to the fact of “I’ll do the best I can, and then there’s life out there.” This is life on Earth, and what that means is occasional car accidents, illnesses, broken arms and disappointments.

The key is to surrender to what we cannot change, and to focus on our integrity and on what we can change. The world is what it is, regardless of how we feel about it. We can actually enjoy easing up on our desire to control, and feel new openness and understanding.

### **Teamwork Habit**

The Peak Life Habit of Teamwork helps us achieve great success by leveraging all the resources around us. There are people, places and areas of our lives where we can create teams in our relationships, such as at work, with our employers, at home with our partners and our children, and in our everyday lives with our vendors, dry cleaners and telephone repairmen. We are creating teams all the time, and the key to the Teamwork Habit is trust. When we create great teams, we can achieve miracles.

### **Time Is Just Time Habit**

There are 24 hours in a day; 60 minutes in an hour; 60 seconds in a minute. There is not more and not less and there never will be. Allocate time to our priorities. No suffering allowed. Time is just time.

This important Peak Life Habit allows us to be authentic about what we can and cannot accomplish. We get to stop saying, “There is not enough time...” It is an excuse and a justification that calls forth lack, negativity and suffering. There is no access to Action with that “in our heads” dialogue. Instead, we alter our relationship to time by prioritizing what is important and being responsible about how we allocate our time. Remember, time is just time. 24 hours in a day, 60 minutes in an hour... Remind yourself when you forget. That’s the happy truth!

### **Unwavering Resolve Habit**

As we’re catapulting our way to success, we want the will and determination to continue for as long as it takes. This is what the Peak Life Habit of Unwavering Resolve is all about. It’s necessary to demonstrate an unwavering resolve and concrete commitment to doing whatever is necessary to produce the best long-term results, no matter what obstacles we face, no matter how difficult it may be.

### **U-Turning My Fingers Habit**

This important Peak Life Habit involves both accountability and humility. Often we find ourselves pointing our fingers at people and events in our lives, blaming and shaming them for whatever is going wrong in our lives. U-Turning My Fingers is about taking those outward pointing digits and instead looking in the mirror and pointing them back at ourselves. If you don’t like someone or something, take a look at how you have contributed to, and perhaps even directly caused, the circumstances, events and behaviors that you don’t like.

The trick to this Peak Life Habit is to U-turning our fingers without being too hard on ourselves, and without lowering our self-esteem. This Habit can actually raise our self-esteem because it makes us take on personal humility and accountability. Our lives are likely to be much more authentic, powerful, and productive when we empower our U-Turning My Fingers Habit. With humility and compassion, we identify what positive changes we can make, and hold ourselves accountable for moving forward. When we focus on ourselves, we demand clarity on who we are and focus on our own great goals. Our source

of power comes from being accountable for ourselves and our lives, and taking Actions if we are not satisfied.