

# The Power of Habits

*If the brain does something once, it is usually easier to do it again.*

## Program Details

To succeed, you need strategy, accountability, commitment, and patience, as well as other qualities. It's no surprise, therefore, that many people give up too early while the rest don't even notice their habits at all. Anything worth accomplishing doesn't materialize overnight. We all know that it's not about what you do once in a while; it all boils down to what you do daily, consistently, and habitually. The brain is designed to develop habits that can help you perform specific tasks and activities more effectively and automatically. They develop through repetition until the resulting behavior is nearly automatic. Developing the right habits (and making them stick) will help you reach your goals, become the person you most want to be, influence people around you, increase the overall quality of your life, and reap lifelong benefits.

## Training Outcomes

- Identifying the different ways, you may be procrastinating
- Discuss the strategies to help you set in motion daily habits.
- Understand the importance of having habits in your daily life.
- Determine which habits that are best for you.
- Know how to break BAD habits.
- Influence others around you to grow using the power of habits.



**Training Length**

**Half Day**