



CONSTRUCTING EXCELLENCE

**BUILDING A FOUNDATION WITH POWERFUL
MENTAL SKILLS & HABITS**





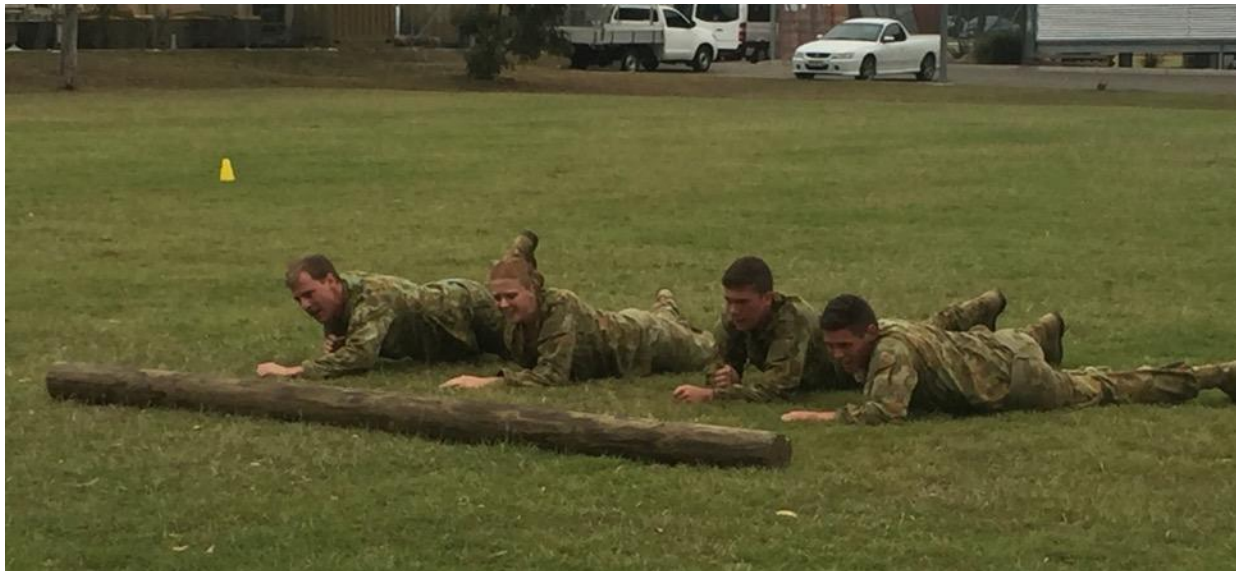
Please be upstanding!



*This presentation is standing friendly.
Please feel free to take standing and
stretch breaks at the back of the room
and break up that sedentary time.*



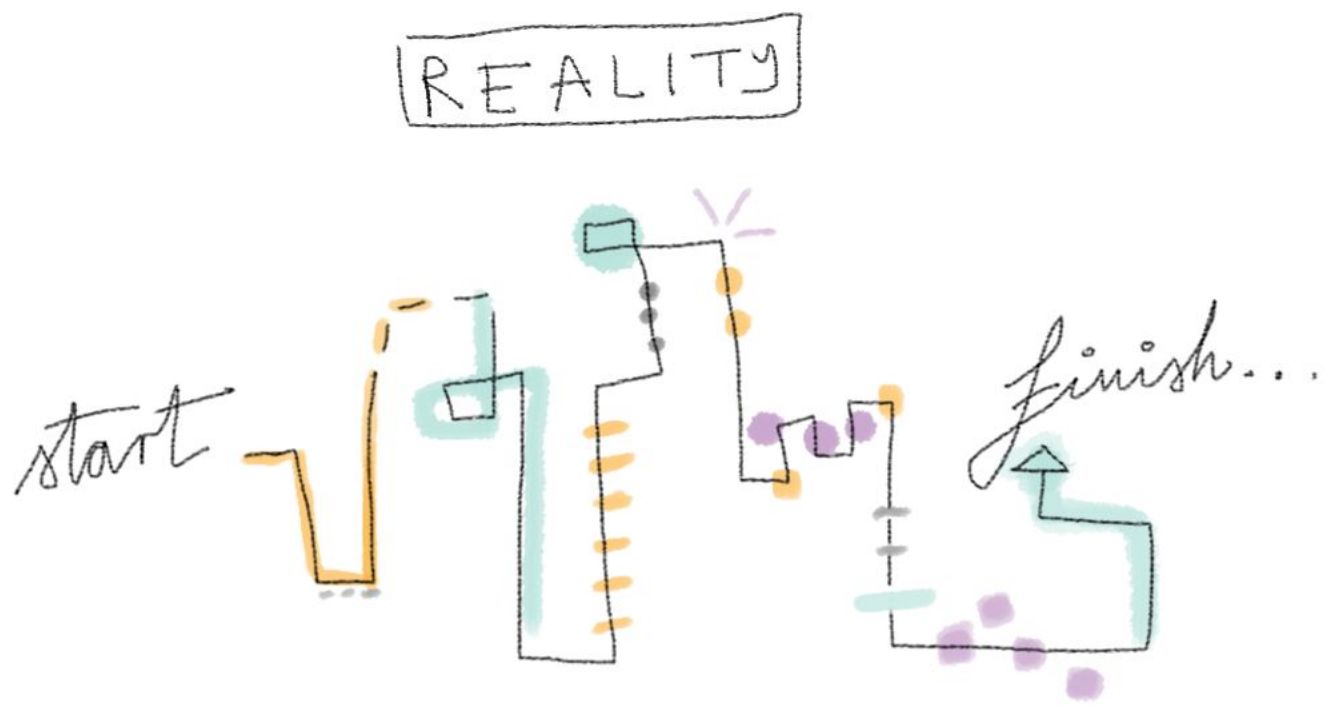


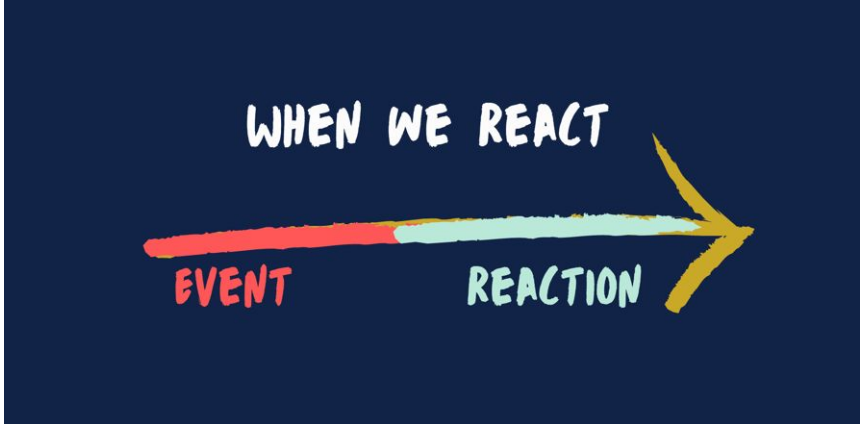


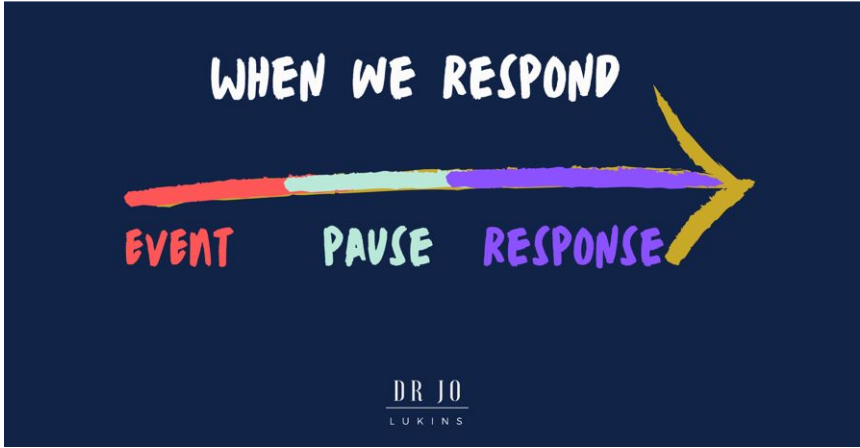


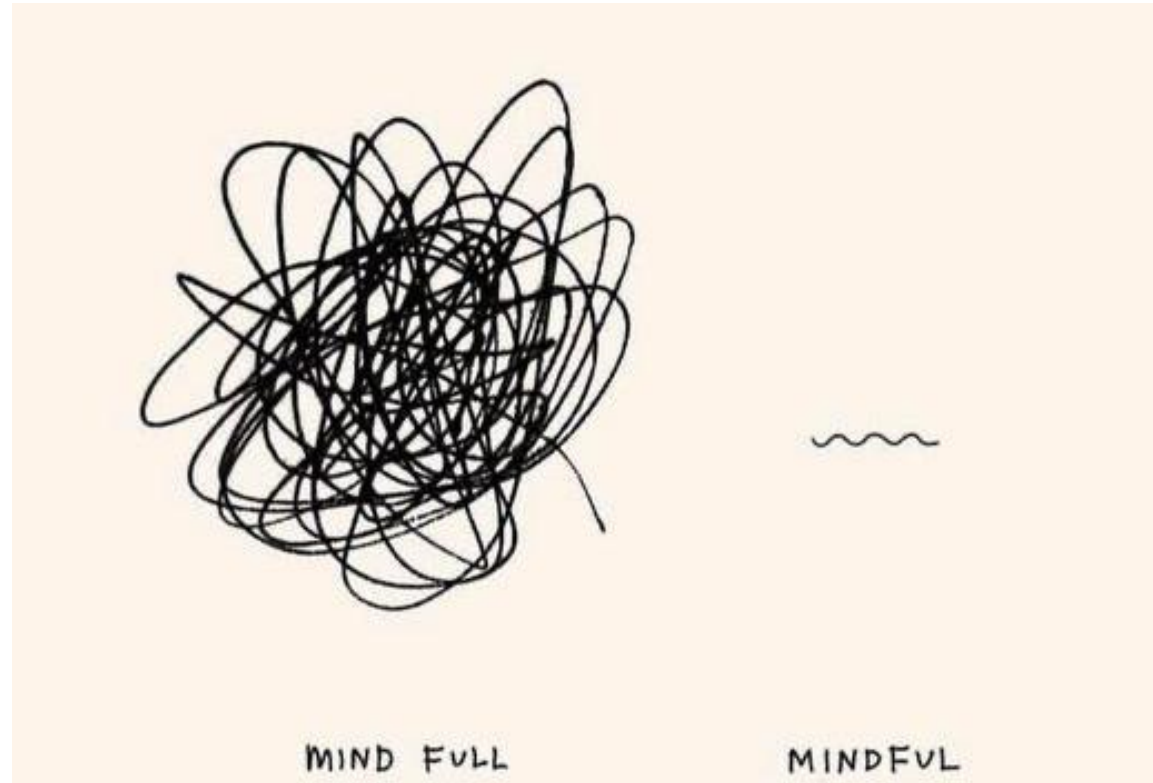




















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When/Then Planning

Peter Gollwitzer

Heidi Grant Halvorson



HABITS

HOW I SPENT CHRISTMAS

Group 1: Write an essay describing your day on Dec 25 (32%)

Group 2: Write an essay describing your day on Dec 25. When and where will you work on the essay? (71%)





The 'secret bullet' for more effective goal setting

When Then Planning





New behaviour

Reduce mobile phone use at night.

Study for course.

Exercise in the morning

Take multivitamins





Requires some advanced planning.

When I serve up dinner ...

When its Monday night

When the alarm goes off ...

When I have my morning coffee ...





THEN...

When I serve up dinner ***then*** I will put my phone on the charge.

When its Monday night ***then*** I will study after dinner for two hours.

When the alarm goes off ***then*** I will get up and exercise.

When I have my morning coffee ***then*** I will take the multivitamins out of the fridge.





"It looks as if you have been flossing
your teeth too much,"
said no dentist ever.



som^{ee}cards
USER CARD



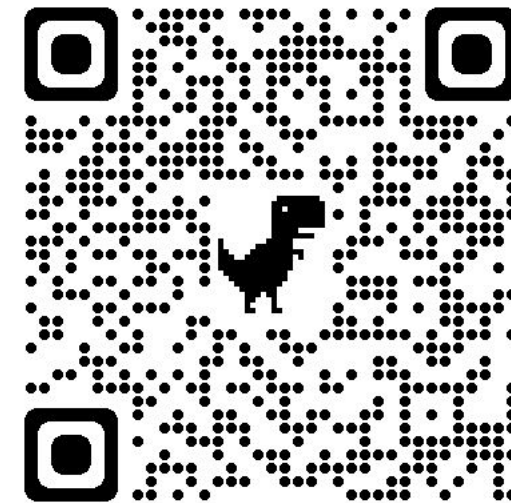


What is your 'When/Then' plan?

1. What is the behaviour you would like to change?
2. Why are you currently doing something else?
3. What is the trigger (the When)?
4. What is the resulting behaviour (the Then)?



Specific
Measurable
Adaptable
Realistic/Relevant
Time-bound
Evaluate
Revise





H.A.L.T.





han·gry

(han-gree) adj.

a state of anger caused by
lack of food; hunger causing
a negative change in
emotional state.





thatonerule:#3231

What you do everyday
matters more than what you
do every once in a while.



**You will not always be motivated, so you have
to learn discipline.**

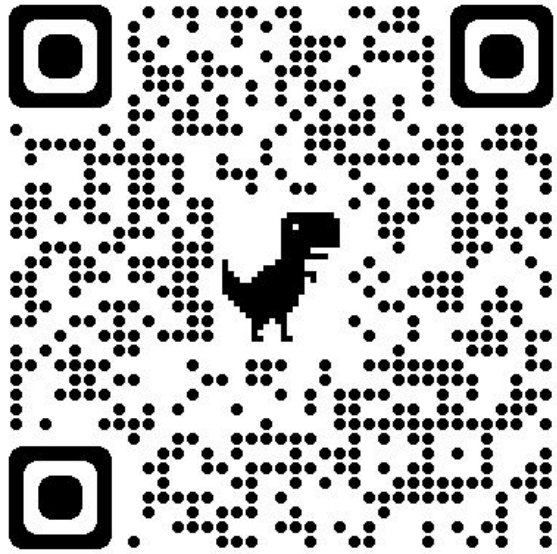
**You will not always have discipline, so you need
to create **habits**.**





**I'd look at one of my stonecutters
hammering away at a rock,
perhaps a hundred times
without as much as a crack showing in it.
Yet, at the hundred and first blow,
it would split in two,
and I knew it was not that blow
that did it,
but all that had gone before.**

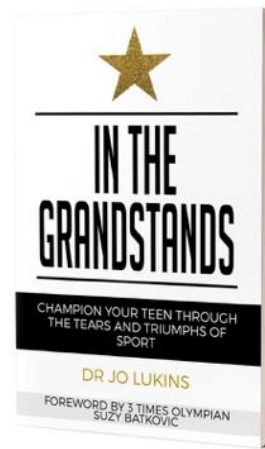
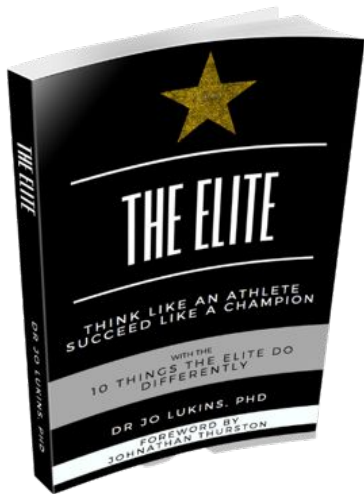
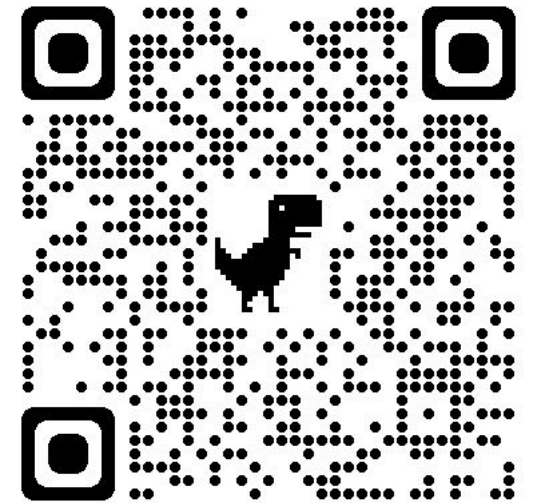
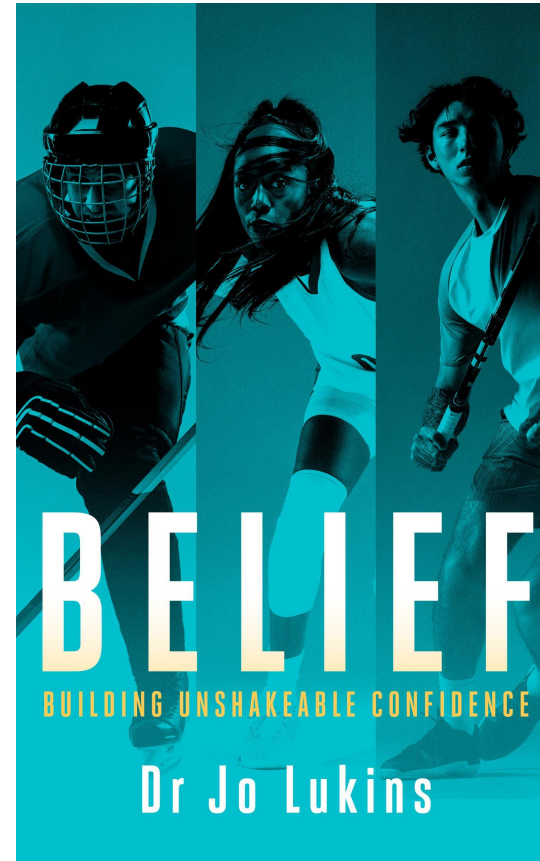
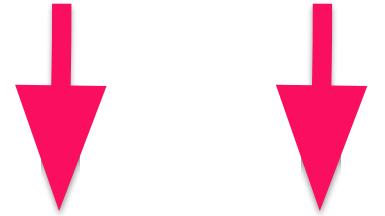
J. A. Riis



The Confidence Checklist



Belief Pre-Release
+ free webinar



Release date: 04/2024