



MEDITATION HABIT PROGRAM

Learn how to calm your mind, observe your thoughts, and navigate your life.

START PROGRAM



www.rebelsandrenegadesmn.com

INTRODUCTION

WE ARE CREATURES OF HABIT

We are creatures of habit. Our ego tends to keep us in those familiar patterns either positive or negative.

We like routine and do well by following guidelines and advice.

On the flip side most of us do not do as well with strict rules. These usually mean restriction and limitation.

Give someone a set of guidelines to follow, they do it; set strict rules and the chances are they will break the rules and just give up.

As the saying goes, rules are made to be broken.

From experience there are a number of good habits that most people could do with forming, and then adhering to, every single day.

Unlike numbers that come across as rules, the new set of habits comes across as guidelines to simply follow and stick to.

Experience has shown that great results can be achieved from this alone, and no numbers should be applied until these guidelines become daily consistent habits.

If you are thinking that this program is easy and that you know you should be doing this stuff, then it's time to make it happen. Don't underestimate the effectiveness of the basics when they are completed consistently. I've seen many clients achieve incredible results by creating and following habits.

DEVELOPING A HABIT BLUEPRINT

STEP 1: ONE HABIT AT A TIME

Pick only one, easy habit that you can do each day. Make it ridiculously easy for you to follow.

You should be able to stick to this habit for at least 90% of the time.

STEP 2: PERSONALIZE YOUR HABIT

Make the habit personal to you.

This is part of giving yourself options, and ensuring you can find the best starting point. Adjust the habit until you are comfortable with doing it.

STEP 3: WORK IN 14-DAY HABIT CHALLENGES

Follow a specific habit, which of course has been personalized to you, for 14 days. Evaluate your habit and adjust for long-term habits.

The habits you are using are building upon one another.

STEP 4: AIM FOR 6 DAYS OUT OF 7

Achieve the habit you've set for 6 days out of 7. Give yourself some flexibility every week.

Habit-based coaching is about MOMENTUM not perfection.

STEP 5: WEEKLY HABIT REVIEW

Conduct a weekly habit review. The goal here is to reflect on the past week or so of doing the habit.

Some key questions to ask are:

- What has it actually been like?
- What have you learned?
- What do you appreciate?
- What obstacles have come up and are there ways to overcome them for the next week?

STEP 6: WEEKLY HABIT ADJUSTMENT

If all went well the week before, lengthen the habit you are doing. If you've struggled, keep it the same as last week or make it even easier.

Never make too big of an adjustment so that it becomes too difficult.

This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change.

Gradually, the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

THE HABIT CHALLENGE

THE HABIT CHALLENGE: Begin a meditation practice

WHY?

One of the most important habits you can create is to understand the thoughts in your mind through reflection and meditation.

What thoughts do you have? What do you think about daily? Are you aware of your inner critic and ego defenses?

This habit will help you observe your thoughts. It will help you shift into brain waves states that can assist you in creating sustainable change in your life.

HOW CAN I PERSONALIZE THIS HABIT?

Choose where your current biggest pitfalls are with this habit.

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. You might want to start with a few minutes each morning.

WHAT CAN I PIGGYBACK OFF OF?

Look for events you can use as a reminder to meditate, like after your morning coffee, before your workout, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

THE HABIT CHALLENGE

TO DO:

Create your personal version of the habit to commit to this challenge!

HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week.

HERE'S AN EXAMPLE:

I am 90-100% confident that I will meditate 5-10mins daily in the morning for 6 days per week after I set reminders on my phone.

TOP RECOMMENDATIONS FOR MEDITATIONS

Brain Wave & Binaural Beats Meditations

Why?

Our brain waves states are connected to our cognitive thinking and much more. They also help us with emotional intelligence and regulation. We know sleep is important and we shift through these states as we sleep. Theta is a brain wave state we enter right before we drift off to sleep and right when we awake. These brain wave states are connected with our conscious and subconscious mind. In Theta, we have a decreased consciousness and it has been studied by Neuroscientists that Theta brainwave states can help us reprogram new habits into our subconscious mind.

Understanding our thoughts when it comes to behavioral change is critical. It will assist us in breaking away from our everyday autopilot subconscious mind where we can often feel stuck in life with our goals.

Understanding Brain Waves

<https://blog.drjoedispenza.com/the-waves-of-the-future>

<https://choosemuse.com/blog/a-deep-dive-into-brainwaves-brainwave-frequencies-explained-2/>

Top Meditations and Sources

Deep Sound Healing- Transcending Trauma

<https://www.youtube.com/watch?v=OkIZD0DedSQ>

Beta, Alpha, Theta, Delta- Submerge

<https://www.youtube.com/watch?v=srMXyEKLq74&feature=youtu.be>

Serotonin Release: Magnetic Minds

<https://www.youtube.com/watch?v=dPqCRyZhXn8&vl=en>

Understanding Brain Waves Article

<https://blog.drjoedispenza.com/the-waves-of-the-future>

<https://choosemuse.com/blog/a-deep-dive-into-brainwaves-brainwave-frequencies-explained-2/>