

Resolutions Suck: Simple Habits Win!

Module 1: KISS- Keep it Stupid Simple



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Accessible Yoga Ambassador

About Sharon Byrnes

*Sharon is a yoga therapist and Vibrant Aging Coach specializing in the issues of brain and body wellness, vibrant aging, pain-free movement, and living a balanced life!. She has a Masters degree in Health & Physical Education from Miami U., Oxford Oh. and a second Master's in Specific Learning Disabilities from Xavier U. in Cincinnati. Sharon is certified by the International Assoc. of Yoga Therapists, and she is a senior teacher for Svastha Yoga and Ayurveda. Sharon is also an 'Accessible Yoga Ambassador.'

- Sharon teaches, and consults about vibrant aging practices for brain and body, improving self-care to maintain independence, and simple steps to increase strength, agility, flexibility and vitality **online** or at The Yoga Groove in Cincinnati.
- Her meditation "TLC for the nervous system" (available as audio or video) is an antidote to anxiety and depression that can be freely accessed at www.vibrantaging.life

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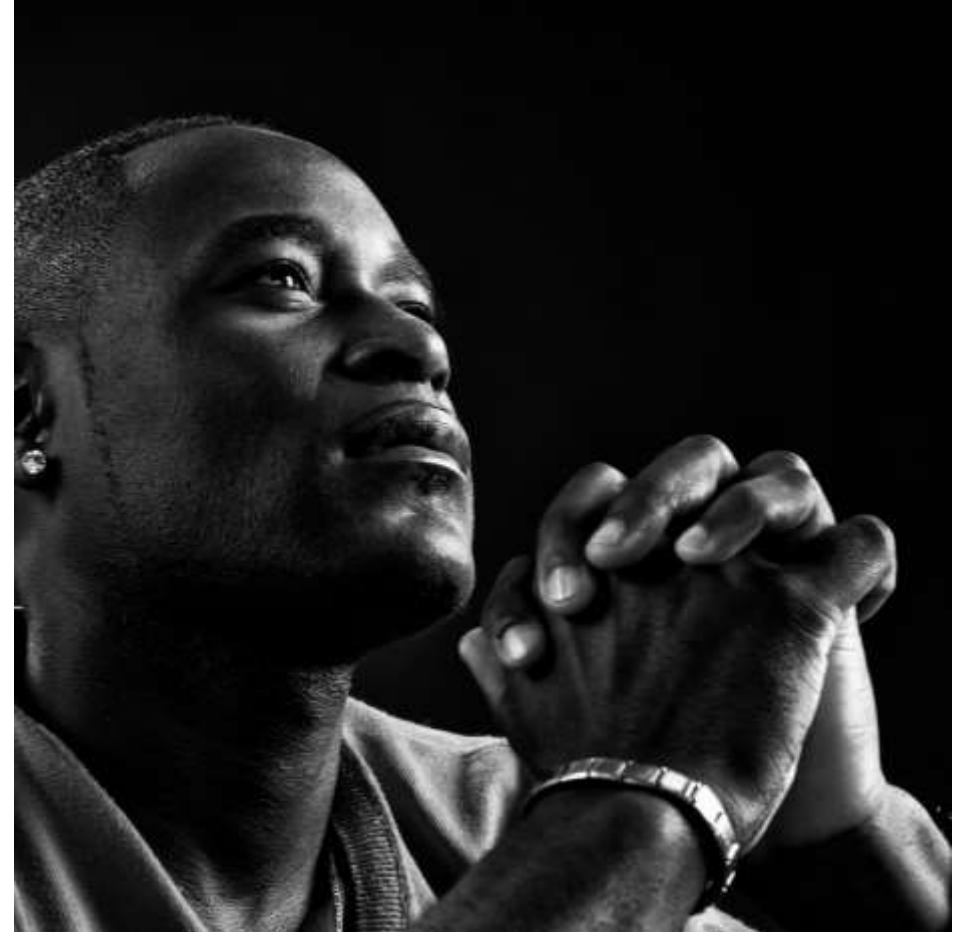
How about YOU?

- **What is something you've always loved to do?**
- Any response you care to type into the chat can be “seen by all,” or you can check “speaker only.”



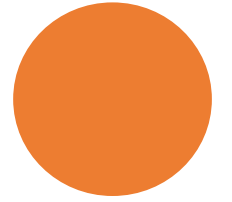
How about YOU?

- **What are you most grateful for?**



How about YOU?

- **What do you want to learn or “take away” from our course?**





Centering

Centering helps us to be present

Let's do a centering warm-up: "Row, row, row, the boat"



*The vestibular system loves movement

*The brain loves rhythmic organization

*Singing
(an aerobic exercise)
releases endorphins



*Moving from our "center" of mass is stabilizing, calming, & grounding

*Aligning with gravity eliminates stress on joints while improving posture

Directions for slowly rowing your boat

- 1. Stand with feet hip's width, close to parallel
- 2. Step R. foot comfortably back with leg/foot turned out a bit
- 3. Begin shifting weight slowly back and forth.
- 4. Allow the breath to be easily inhaling (forward shift) exhaling (back)
- 5. Now, place an imaginary paddle/oar into the water diagonally forward of the L. (back) foot.
- 6. Hold the oar with both hands as you inhale & shift forward, then exhale, to shift back.
- 7. You are giving positive energy while shifting forward, receiving energy from others & the universe when shifting backward.

What we will explore:

- How to implement new habits so that they stick
- How to reduce or eliminate undesirable habits

- We already know GOOD habits: Healthy food, Exercise, Sleep



Healthy Habits, continued

- Enjoying NATURE
- Connecting with people & animals we love
- Supporting our spiritual needs



We Habitually indulge in Unhealthy behaviors



- How & what we eat or drink
- Too much tech time
- Poor posture
- Too little sleep
- Sedentary lifestyle or moving too little

It's not about information, we know the facts-
So why is it so hard to change our behavior?

- Why can't we just do more of what's good for us and less of what isn't?
- Much research has been done to answer this question.
- From research we can **learn HOW HABITS WORK**
- **Then we can apply what we Learn**
- Common Sense Considerations: Don't expect to change your life as a result of our 4 classes.
- My goal is to give you some tools for cultivating habit change 😊 so that you can grow into a better/best version of yourself...Arete`

Motivation

- In order to change (add or delete) a behavior, you need to want to do so.
- You must understand this because the idea motivated you to take this class.
- Motivation initiates action toward a desired goal.
- First, we need an intention to find a new habit you are motivated to develop

New Habit Development***

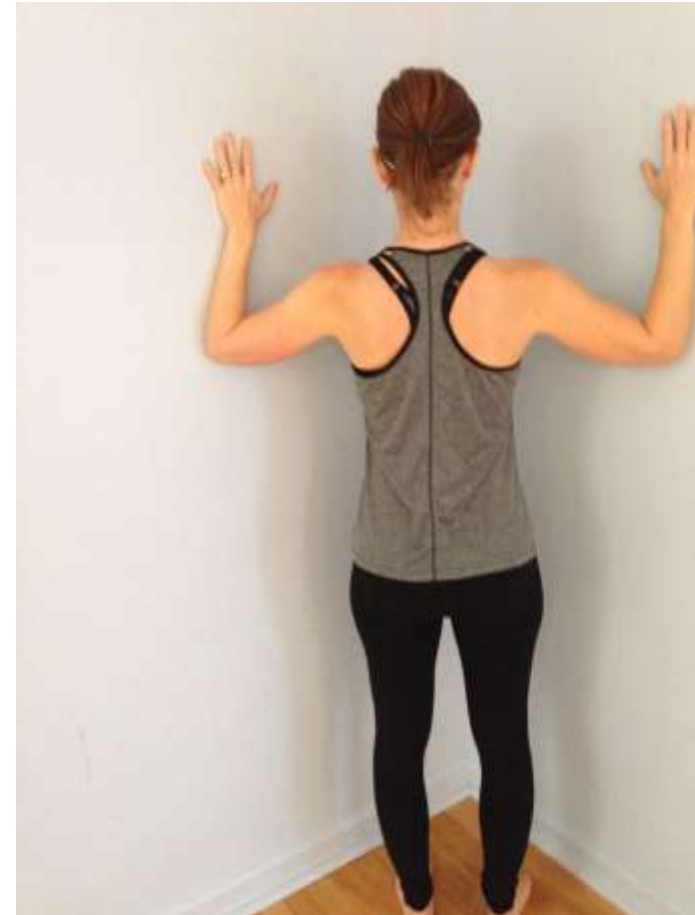
- 1. Identify the desired habit you are willing to develop
- 2. Chop it down / split it into its smallest components
- 3. Choose 1 tiny, actionable habit...keep it small!
- 4. Choose something you are willing to share within our class
- Clear's example in his book, Atomic Habits: "If you want to get stronger, your goal might be to do 20 pushups a day. That's a lot! But breaking it down to 2/day, then braking that down to 2 wall pushups/day is very do-able;-)"

An elderly couple is shown in a living room, both in a plank position on a patterned rug, performing pushups. The woman is on the left, wearing a red t-shirt and black leggings, and the man is on the right, wearing a grey t-shirt and dark shorts. They are looking at each other and smiling. In the background, a dog is visible on a sofa, and there are plants and a window. The scene is dimly lit, with a soft glow from the window.

Breakdown the Goal

The **type** of pushup:

Make it Easy



For Example:

Perhaps you
want to eat a
healthy diet?

Start with adding **one**
piece of fruit a day 😊



How about Meditation?

- Begin with **One Minute a day**
- (not 20 minutes or more.)
- Try a *guided meditation* which is generally easier for beginners



Perhaps you intend to be more socially engaged?

Start small: communicate to one person to show that you care

*Send one email/day to a friend

*Send **1** note or card in the mail



Look for something that is EASY to do

- Avoid more challenging goals. We want success- not failure!
- **More success = More Motivation**
- **More Motivation = More Success!**

***Steps for Successfully setting a goal, then creating a habit to get you there:

- Find one habit to work with
- 1. Identify the desired habit you are *willing* to develop
Will power runs out (ego depletion), avoid setting goals that deplete you
- 2. Chop it down / split it into its smallest components
- 3. Choose 1 tiny, actionable habit...keep it too small to fail!

Steps for Successfully setting a goal, then creating a habit to get you there- continued ***

- 4. Choose something you are willing to share within our class (Don't decide to work on something private that you won't want to share)
- 5. The number 1 ingredient in habit development is **MOTIVATION**, so make it something you really want to do.
- 6. Self-efficacy (believing in yourself) increases with success, therefore creating a string of successes motivates you to keep going. You won't want to break a winning streak!

Avoid complexity

Keep it SIMPLE



Keep it small



“Lifelong positive change is one of the greatest possibilities that we have as humans. It is the most rewarding pursuit of our lives.”

Dr. Ganesh Mohan in a Facebook post for Svastha Yoga and Ayurveda

References & Resources

“Atomic Habits” by James Clear

Brian Johnson’s “Philosopher’s Notes in Optimize”

Michael Landau’s “Habit Creation Challenge”

[Svastha Yoga & Ayurveda](#)

Health & Total Wellbeing

“The goal of yoga is Svastha, the state of complete wellbeing and inner peace.” A. G. Mohan and Indra Mohan

How to complete week 1 Homework

1. **Identify the habit** you wish to develop
2. Refer to the checklist for “goal setting & habit creation”
3. WRITE it down! [Use a Journal or calendar to track]
4. **Email to me:** The habit you intend to work on and a sentence or 2 about WHY?

Additional Information:

To help motivate you to attain your goal, and to give me more time to review & reply to your homework...

- Everyone who emails their completed homework to me within 24 hours (2 PM Thur.) will be entered into a drawing for the **week 1 prize!**
- All homework is due on or before Saturday
- Habits may be shared or listed for group discussion
- I will send a link to each recorded class within 24 hours
- Best days to reach me for discussion or questions are Tues. & Friday
- Please leave a clear voicemail message

We are perfectly human, therefore we will make mistakes. That is OK and often necessary for learning.

Never miss twice. If you miss one day, try to get back on track as quickly as possible.

Atomic Habits

by James Clear



Learn to see every failure as an opportunity to try again!

Thank you for attending!

Q & A

