

Ep 126 - Breaking habits that don't help - rough transcript

This is Make it real. And I'm Trisha Lewis. I hope you're listening to this because you really enjoy listening to these podcasts. I hope you're not listening out of some kind of habit, because that's the topic I'm going to explore. Five minutes, three steps. Are you doing things out of habit rather than what makes your heart sing and how do you spot the difference and what do you do about it? What kind of things do we do out of habit in our business? Would it be going to a certain networking event regularly, every day, every week, every month? You might have been going for years and you might not really be getting anything out of it, but you just go. It could be quite deenergizing coming away and thinking, I don't think I got anything out of that. Oh, well, I'll put it in my diary for next week. What about things like routines? Oh, it's Tuesday, I must prepare this or I must do this bit of admin or whatever. Is that the best time to be doing it? Or is it just because you've been doing that routine forever and taking it to another level? What about what you're actually doing, what your business is about, what services you're offering, how you're offering those services, what social media platforms you're using, the nub of what your message is? Has it just become a habit thing rather than really focusing in or even changing course slightly into something that makes you heart? Santos once said, the unexamined life is not worth living. I think he has a point. Curiosity is key. And you can come up with such brilliant ideas when you allow your thoughts to flow away from any of the constraints of some of your habits. Apparently, Albert Einstein was a big believer in continual thought experiments. He would use his intuition by giving over hours of thinking time and suddenly coming up with insights that really provided interconnection between certain facts. He would absorb himself in thinking as he walked through city streets or sailed on the lake. He even based his famous relativity theory on an image from a dream. I mean, that's thinking on a whole nother level. So, three steps. How about this? Number one, make it a regular habit. See what I did there? To find time in your day to go for some kind of walk. It can be round

a car park, but wherever it is, just allow yourself to have thoughts wandering. In other words, don't put anything in your ears. And don't be trying to do office admin at the same time. Just float around. Number two, spot your habits. The minute you start to do something that is a regular habit, stop press pause and ask yourself, do I need to do this? Is this making my heart sing? Now, not everything. Some of the chores you have to do will be that joyful. But there might be things that you're doing that you simply don't have to that are out of habit. So press pause, reflect, and number three, jot stuff down, have a little notepad with you, or do it into your voice recorder on your phone. You know those little ding ding ding ding things that come up? They might not feel connected, but you can do it now, but Einstein. And then later, as you absorb yourself in thought more and you'll find those connections, so capture them as you go. Just shake up your habits a bit and try to find things that not only grow your business and give you satisfaction, help others, but also just genuinely make your heart. And guess what? The more unsquashed you are, the more your heart will sing. So head over to [Tricia Lewis.com](http://TriciaLewis.com) and find out about all things unsquashing.