



The "Different Perspectives" Newsletter

It can be fun to step back and look at the world from a different angle. Here, we step back and look at commonly used words in business and life, ask a provocative question, and see what others are doing differently by applying a different lens on life. I hope you enjoy "Different Perspectives" and that you begin to step back when needed and observing what else is possible.

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Word Choices

Habit /*hab-it/*, noun. Def - "an acquired behavior pattern regularly followed until it has become almost involuntary. Customary practice or use. A particular practice, custom, or usage."

James Clear wrote the amazing book, "Atomic Habits" and if you haven't read it, it is a must-read as there are so many nuggets in his words. He defines habits as "small decision you make and actions you perform everyday." Simple and to the point. He goes on to say that habits make up about 40% of our daily activities. That is powerful. Habits can be productive as well as problematic. Doom scrolling is a habit that sucks your creativity and time away, but it is a habit. Exercising regularly is a habit that builds muscle, improves cardiovascular health, and improves our mood and energy. That is a good habit.

Habits can be defined in good ways and bad as I just stated. It is a matter of how we look at those habits we are doing and answer the question, "is this helping or hurting me?" Habits take a while to form and cement until they occur almost involuntary, as

James Clear states. The question is, how do habits form and what can we do about it?

The action of a habit typically begins with a trigger event, followed by the action you do, and then the reward we get from that activity. A habit example in the morning is as simple as 1.) Trigger - alarm goes off. 2) Action - you open your eyes shut off the alarm, get out of bed, take a shower, get dressed, and start your day. 3) Reward - we are awake, clean, fueled, and ready for the day's challenges. There are some myths out there that forming habits take 21 days, 100 repetitions, or 6 weeks. There is no magic time period or repetition needed to form a habit.

Ideally, when trying to make a new habit, start with some clarity and awareness - what is it that I want to change and what is important about that change? Grounding the behavior into a future results that is good for you and you are clear on the reason why you want it is a huge first step. Most New Year's Resolutions can be called habits but people often make half-assed commitments and do half-assed actions to get it done. Hence, failed NYR's that disappoint by the second week of January.

Questions of the Week

1. What behavior do you want to change and what is important about that change?
2. How will you execute the planned change every day and every week?

Lessons from the Camino

Habits made life so much easier while hiking 500 miles in a foreign country. The habits I created allowed me to have the time to explore my mind and figure out some life-changing decisions. Every day for 38 days, I did a routine that created certainty, clarity, and space to enjoy my trip. It was as simple as review the next day's journey (what was to come), plan my route and stops, lay out my clothes for the next day, fill my water pack, make sure I had snacks, charge my phone and watch, and get a lot of sleep. Every day was about rinse and repeat this habit. The reward that I got was some deep reflections, new awarenesses, freedom to meet new people, attend to my needs, and enjoy this epic journey. How can you create a Camino like routine in your day to make

the day spectacular?

Did You Know?

There are tons of articles on habits, why we break them, and how to successfully create or change them. Here are a few:

[NIH Study](#)

[UNC Chapel Hill](#)

[The guru, Steven Covey](#)



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