

Why is it so hard to change our habits?

Blog by Coach April Ringler
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Elevating Purposeful Women



7. Failure is Final

To me, this one is a pretty important one for us to address. We forget that failure is a part of success. Often times we begin with the best intentions to maybe start an exercise program and if we miss a day or two then we think we failed and instead of just accepting that it's part of the process, we feel defeated and quit.

As creatures of habit, we do this in all areas of our lives. Habit change is complicated and messy and it takes time. It's not going to be perfect and we're not going to get it the first time we try. There's a process. It's going to be something we have to keep working at and even if we fail we need to keep going and keep going. Do not give up.

Sometimes when we do fail it actually can identify something that we should pay a little closer attention to or focus some more energy on the next

go around. So if we're trying to create a new habit of exercising but we can't seem to get ourselves out of bed after the second day then that's probably a area that we should focus some more time on What do we need to do to change this step in the process. Do we need to work out at a different time in the day? Do we need to put our phone or alarm in another room to help us get out of bed? Or possibly go to bed a little earlier so it's easier to get up in the morning and stick to our plan.

Like anything, when we are changing our habits failure, is part of the process. If we can accept that failure is not the end it's not the final step. We shouldn't get defeated or give up but rather accept that it is just part of the process.

8. Not Committed

Research tells us that if we haven't made a commitment to accomplish whatever goal we are aiming for it won't happen. There are several reasons that a commitment for yourself is needed. First, think about when we make a promise or commitment to someone else - it's harder to break right? We don't want to hurt that person by not keeping our promise We don't want to break that trust. So we do everything we can to keep that promise right? We don't want to hurt that relationship by not following thru.

Well the problem when we are setting a goal for ourselves, often times we just set a goal, but don't really take the next step of Making the Commitment with ourself. Doing so tells ourself that this is something that is very important and it can become a priority in our mind body and spirit. It can change the way we show up for ourselves! Make the commitment and show up, just like you would for someone else. Don't break that trust and ruin your relationship with yourself.

Another part of the commitment should be to tell someone else. If we don't, there's no one else involved so it can be easier to break that promise. If we make a promise to ourselves but no one else knows about it, then no one knows if we break a trust with ourselves. If something is important enough to us, we tend to find a way to make it happen. If we tell someone else, we're more likely to hold ourselves accountable or they may even be able to help support or encourage us with it, too.

Finally, commitment helps us avoid any pitfalls in our willpower. Motivation is unreliable (in fact that's another topic I'll go into at a later date). So when motivation is gone or we stumble it's often easy to begin negotiating with ourselves. But The more committed we are the more likely we are to achieve our goals and so I encourage you that if you make the decision ahead of time. If you commit to yourself that this is a goal that you want to achieve then it can take all of the negotiation and any questions about what to do, when to do it, or how to do it out of play.

Again, these are things that we incorrectly believe as truths or we should look at a little differently. They can sabotage our efforts in successfully achieving our goals and creating lasting habit change. I encourage you to consider the list and pick out a couple that stood out to you and work on tackling them so you can make the next habit change a success!

