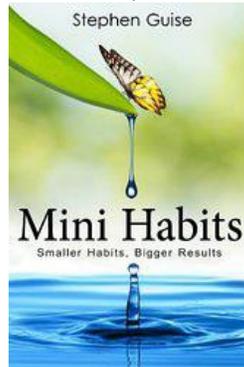


CHRIS SWENSON'S MASTER NOTES MASTER PRIVATE PRACTICE IN LESS TIME

MINI HABITS

SMALLER HABITS, BIGGER RESULTS



BY STEPHEN GUISE

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126 PAGES

“I had experimented with personal development strategies for a decade. When I accidentally started my first mini habit—and the changes I made were actually lasting—I realized the prior strategies I relied upon were complete failures. When something works, that which doesn’t work is exposed. The science of Mini Habits exposes the predictably inconsistent results of most popular personal growth strategies, and reveals why mini habits are consistent.

A mini habit is a very small positive behavior that you force yourself to do every day; a mini habit’s ‘too small to fail’ nature makes it weightless, deceptively powerful, and a superior habit-building strategy.

Mini Habits will better equip you to change your life than 99% of the people you see walking around on this globe. People so often think that they are the reason they can’t achieve lasting change; but the problem isn’t with them—it’s with their strategy. You can achieve great things without the guilt, intimidation, and repeated failure associated with such strategies such as ‘getting motivated,’ resolutions, or even ‘just doing it.’ To make changes last, you need to stop fighting against your brain. When you start playing by your brain’s rules—as mini habits show you how to do—lasting change isn’t hard.” ~ Stephen Guise from *Mini Habit*

BOOK DESCRIPTION (from Amazon)

When I decided to start exercising consistently 10 years ago, this is what actually happened:

- *I tried "getting motivated." It worked sometimes.*
- *I tried setting audacious big goals. I almost always failed them.*
- *I tried to make changes last. They didn't.*

Like most people who try to change and fail, I assumed that I was the problem. Then one afternoon—after another failed attempt to get motivated to exercise—I (accidentally) started my first mini habit. I initially committed to do one push-up, and it turned into a full workout. I was shocked. This "stupid idea" wasn't supposed to work. I was shocked again when my success with this strategy continued for months (and to this day).

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I had to consider that maybe I wasn't the problem in those 10 years of mediocre results. Maybe it was my prior strategies that were ineffective, despite being oft-repeated as "the way to change" in countless books and blogs.

I was right.

NOTE INTRODUCTION

As a therapist in private practice, it pays to work smarter not harder. Also, keeping that momentum and drive going while feeling like success is vital. This note and book talks a great deal about breaking down our habits, tasks, and goals into bite size chunks! Working to complete even the smallest of task can lead to greatness as this note and book illustrate. So let's jump right in!!!

Purchase a copy here: [MINI HABITS](#)

WHAT IS A MINI HABIT?

"A mini habit is basically a much smaller version of a new habit you want to form. 100 push-ups daily is minified into one push-up daily. Writing 3,000 words daily becomes writing 50 words daily. Thinking positively all the time becomes thinking two positive thoughts per day. Living an entrepreneurial lifestyle becomes thinking of two ideas per day (among other entrepreneurial things). The foundation of the Mini Habits system is in 'stupid small' steps. The concept of small steps is nothing new, but how and why they work have not been adequately dissected. Of course, small steps are relative too; a small step for you could be a giant leap for me. Saying 'stupid small' clarifies it, because if a step sounds stupid relative to the most you can do, it's perfect." ~ Stephen Guise from MINI HABITS

Many times us therapists in practice will make the habits we need be large or set it up where it is just not attainable.

The idea of a mini habit takes the pressure off. Getting yourself to consistently engage in doing one note rather than getting yourself in the habit of doing ALL your notes.

Once you get in the habit of doing mini tasks you eventually begin to do more and more leading to a more fuller habit.

Don't bite off more than you can chew. Chunk down your habits and start small!!

GOING FROM UNSTARTABLE TO UNSTOPPABLE

"The benefit from following the Mini Habits system is surprisingly big results. First, there's a great chance that you'll do 'bonus reps' after you meet your small requirement. This is because we already desire these positive behaviors, and starting them reduces internal resistance. The second benefit is routine. Even if you don't exceed

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your small requirement, the behavior will begin to become a (mini) habit. From there, do bonus reps or scale the habit up. Another benefit is constant success. A bank may be too big to fail, but mini habits are too small to fail; and so they lack the common destructive feelings of guilt and inadequacy that come with goal failure. This is one of the very few systems that practically guarantees success every day thanks to a potent encouragement spiral and always-attainable target. Mini habits have made me feel unstoppable; prior to starting mini habits, I felt unstartable.” ~ Stephen Guise from MINI HABITS

Engaging in mini habit has virtually no risk and no room to fail. You can't feel those things because you begin to feel great!

Soon you feel the momentum shift and you are doing bonus reps! Then you soon get to feel unstoppable!!!

Take some time to let these ideas sink in! Your productivity increase will amaze you!!!

ONE SMALL STEP + DESIRED BEHAVIOR = HIGH PROBABILITY OF FURTHER STEPS

“Chances are that you will do extra sometimes. And the reason relates to basic physics. Newton's first law states that... 1. An object at rest will stay at rest unless an external force acts upon it. 2. An object that is in motion will not change its velocity unless an external force acts upon it. Can you see how this relates? Once you take the first step, you are officially in motion. You will find as I have, that once you get started it is almost as hard to stop as it is to keep going. Add to this that nothing is more motivating and inspiring than seeing yourself take action. Put it together and we get a new equation: One small step + desired behavior = high probability of further steps.” ~ Stephen Guise from MINI HABITS

Honestly...This is how I psyche myself to do dishes. I hate doing dishes! Anyhow, I tell myself that I am not going to do all of the dishes; only a few. Once I get started I soon get in the right mindset and I usually finish them all!!

The key here is getting started! It takes more energy to move an object at rest compared to one in motion. So by engaging in small steps you are breaking that energy barrier and starting to create considerable momentum.

No matter the task...Break it down into small steps...Then work the steps!!!

WATCH OUT FOR EGO DEPLETION

“In 2010, a meta-analysis of 83 studies was done on ego depletion. Ego depletion essentially means the same thing as willpower or self-control depletion, so I will use these terms interchangeably. From this meta-analysis, the five biggest factors found to cause ego depletion were effort, perceived difficulty, negative affect, subjective

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fatigue, and blood glucose levels. These factors, then, are the five biggest obstacles that keep us from sustaining success with a willpower-based strategy. What do we do once we've exhausted our willpower? Is all hope lost then? According to the analysis, motivational incentives, training on self-control tasks, and glucose supplementation promoted better self-control of ego-depleted people." ~ Stephen Guise from MINI HABITS

Interesting! Huh? The goal of Darkness (our internal nemesis, lol) is to get us to use willpower to get things done. Knowing all along this will cause ego depletion. It does this by getting us to focus and think about effort, perceived difficulty, negative affects, etc... Thus creating a large obstacle to overcome to get things done.

Using the concept of small mini habits we can combat this challenge of Darkness and work to get things done more consistently!

THE NAME OF THE GAME

"It is far more mentally energy efficient to break things down into small components that are easily 'mentally digested' and less stressful. The goal of losing 100 pounds in a year is a constant energy drain and burden. And with this goal, it's possible to lose 50 pounds and feel like a failure. Why would anyone be interested in that? One workout feels like a drop in the bucket, and it is in the grand scheme of your massive goal. It's hard to feel good after a workout when it represents almost nothing compared to your goal. With mini habits, though, willpower is preserved as much as possible, every step you take feels like success, and going beyond your goal feels even better than that. It's a system that makes you feel like a winner, because people who feel like winners act like winners." ~ Stephen Guise from MINI HABITS

I have used this strategy time and time again over the years...and it works! Simply breaking your tasks into mini tasks or your goals into micro-goals leads to feeling more successful.

Why work for months or even years feeling like you are never gonna get there. Then if you do you have one celebration!

Why not break it all down into bite size pieces and then feel the victory every time you achieve that mini task or reach that micro goal!!!

Trust me it feels so much better!!!

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ABOUT THE AUTHOR OF “MINI HABITS”



STEPHEN GUISE

Stephen Guise began researching and writing about personal growth strategies in 2004. He founded the award-winning Deep Existence blog in 2011, and in late 2013, he released the international bestselling book, *Mini Habits*. Stephen enjoys minimalism, playing basketball, and exploring the world. Get the book [here](#) and connect with Stephen at deepexistence.com.

ABOUT AUTHOR OF THIS MASTER NOTE



CHRIS SWENSON

Chris Swenson is a true [Private Practice Warrior](#) who believes that therapists in private practice are in the best position to truly make a difference in the mental health concerns of our world. He loves helping people succeed in private practice as he studies, embodies, and teaches the fundamentals of mastering private practice. Learn more about Chris at <http://imchrisswenson.com>