



# **LIL' HABIT** Kickstart

**A workbook to help you START TODAY**

# WELCOME!

Many of us are still feeling the after-effects of the pandemic. I know I am. I lost both my brother and one of my oldest and closest friends. My life will never "go back to normal." They were my normal. I miss them both deeply.

Let's create a new normal. How do we repair? We need hope, we need a plan, and we need to feel joy again ASAP.

**My goal with Lil' Habit is to help you launch a fresh start in this new world of ours from right where you are.**

I'm a writer, producer, and digital media pioneer. I've worked for giant corporations, Hollywood studios, and entrepreneurs with big ideas. I know how to get sh\*t done. I'm also a certified coach that blends the science of habit formation with the study of personality and the art of character development. My method feels familiar, but with a twist.

I hope you get as much out this process as I have!

A handwritten signature in black ink that reads "Andrea". The signature is written in a cursive style with a heart shape integrated into the beginning of the name.

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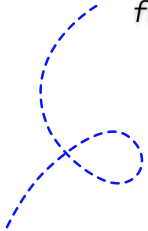
# THE JOURNEY



*"I don't know how else to explain it except to say that it actually WILL be fun. You WILL come away with a deeper understanding of what makes you tick but also, more importantly, you'll come away with a deep sense of compassion for yourself that will see you through a great deal. All that AND you'll have picked up a handy lil' habit!"*



*"Quite frankly, I didn't realize how empowering it would be to personify my Resistance with a face, a personality, and a voice. But after completing the Resistance exercises, I started seeing how often my Resistance crops up in my thinking patterns, and how my Resistance tries to keep me from following my bliss."*



*"The practices, wisdom and science will be familiar to seekers. The concise and fresh presentation IS AMAZING AND YOU WILL BELIEVE, 'Hell, I can do this little workbook.' And be excited to do it because what Andrea has really done is freed you from the HARD work for BIG results."*





How do we get from here to there? **Your lil' habit.** If you don't already have a new habit in mind, start by choosing one now. Don't overthink it. **Your first lil' habit is only the vehicle for learning these new skills.** It's OK if this first habit doesn't solve all of your life's problems. You can try it on and change your mind in a couple of days. You are learning as you go!

# 50 HABITS

- Daily To-Do List
- Timed Single Task
- Eat Whole Foods
- Gratitude Journal
- Drink Water
- Tend a Garden
- Move Your Body
- Cook a Meal
- Morning Pages
- Maintain Planner
- Walk the Dog
- Sweep the Floor
- Work on a Project
- Do Something Uncomfortable
- Connect with Someone
- Check in On Family
- Tell Someone "I love you"
- Listen to Music
- Listen to a Podcast
- Meditate
- Clear Clutter
- Choose one Item to Donate, Sell, Trash
- Read for Pleasure
- Give a Loved One Affection
- Empty Inbox
- Study a New Language
- Play an Instrument
- Seek Inspiration
- Spend Time Outdoors
- Give Time to a Cause
- Moisturize
- Consistent Bedtime
- Morning Routine
- Wake Early
- Belly Laugh
- Eat Breakfast
- Take the Stairs
- Vitamins/Supplements
- Pray
- Floss
- Teeth Whitener
- Wash Your Face
- Budget track
- Empty Sink
- Me Time
- Craft
- Make Your Bed
- Meal Prep
- Do a Kindness
- Eat the Frog

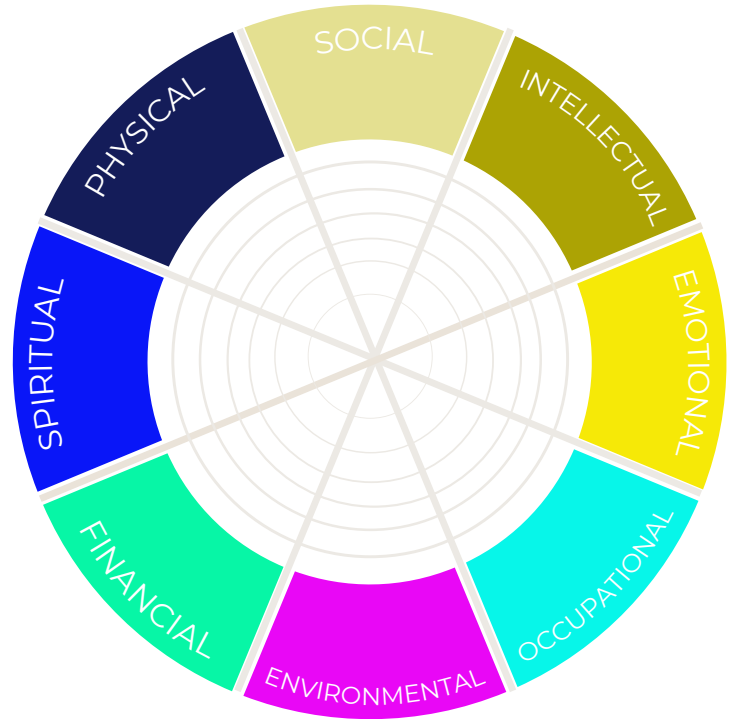
Small everyday habits have the power to transform your life. This new habit is probably something you've been wanting to do for a while. **Name that habit on your Lil' Habit Tracker then continue on to the overview of the Lil' Habit basics and worksheets.**

Follow me on Facebook and Instagram and visit my site at [LilHabit.com](http://LilHabit.com) for more.

# WELLNESS WHEEL



Use the WELLNESS WHEEL as a **quick and curious check-in to each area of your life** to get an idea of where to put more intention. Measure your level of satisfaction by rating each area 1-5 (5 being most satisfied).



## Social Wellness

You are able to connect with and relate to other people in your life.



## Intellectual Wellness

You're able to open your mind to new ideas and experiences.



## Emotional Wellness

You understand your feelings and cope with every day challenges.



## Occupational Wellness

You get personal fulfilment from your job, career or business.



## Environmental Wellness

You honor your responsibility for the earth and your personal surroundings.



## Financial Wellness

You feel balanced financially and have a good relationship with money.



## Spiritual Wellness

You're in touch with your spiritual side and feel connected to something bigger.



## Physical Wellness

You listen to and take care of your body for optimal health and functioning.

# CONGRATULATIONS!

## You've already started.

You've taken the first step – you started!

Now, the key is to keep going. You've already generated momentum from the action you've taken, so now the question isn't whether you'll do it; **it's about how you'll do it.**

Years ago, I came across a book about writing ("Bird by Bird" by Anne Lamott) that introduced me to the concept of the Shitty First Draft. It's all about diving in and being wildly imperfect. **Well, it worked so well for my writing, that I applied it to how I live my life.**

### START SLOPPY!

Dive in, embrace the process, make lots of mistakes, and *keep going.*

**You've got this!**

*"Almost all good writing begins with terrible first efforts. You need to start somewhere."*

*- ANNE LAMOTT*

## LIL' HABIT BASICS

01 MEET YOUR RESISTANCE

02 BE CURIOUS

03 MAKE IT EASY

04 SAVOR THE YAY!





# 01 MEET YOUR RESISTANCE

Your well-meaning advisor who wants to keep the status quo.

One of the most important steps of the Lil' Habit method is meeting your Resistance.

## What is Resistance?

Resistance is the inner-voice in your head that pops up to veto plans that will take you out of your comfort zone.

It knows exactly what you need to hear to maintain your status quo.

Every individual's Resistance is unique and yours has developed **a story that speaks specifically to you.**

Your Resistance exists in the space between where you are right now and any action you desire that sits outside of your comfort zone. Your lil' habit allows you to shake up your status quo, so you can get curious about the internal dialogue that happens as you consider engaging it.

Resistance is not scary. Once you meet your Resistance, you'll see for yourself that it's absolutely lovable.



# HOW TO MEET YOUR RESISTANCE THE FIRST TIME

Let's bring your Resistance out of the wings and give 'em the spotlight by moving towards your lil' habit. The moment you consider doing your lil' habit, a familiar story will probably kick in to stop you. **That inner-voice is your Resistance.**



Do not identify with that story. **It isn't you.** YOU are the one who wants to engage your lil' habit.

- 1 **Engage your lil' habit.** If an inner-voice pops in to stop you, pause and mentally separate YOU from RESISTANCE.
- 2 **Reconnect with YOU,** the one who wants to engage your lil' habit. It's the YOU who craves change – the YOU who bought this workbook.
- 3 **Then tune-in to that inner voice trying to stop you** and imagine a lovable character with that same attitude.
- 4 **Describe that character in detail** on the next page.



# YOUR LOVABLE RESISTANCE

## WHAT'S YOUR STATUS QUO?

**Your status quo is the space where you believe you maintain the highest level of control over your environment.** One person's status quo might be staying busy while someone else's status quo is doing good deeds and another's status quo is being cozy. Spend some time being curious about your status quo. This can help you recognize who is in charge of maintaining it.

*When your Resistance pipes up with an alternate agenda to your lil' habit what is it advising you to do instead?*



## HERE ARE SOME MORE PROMPTS TO CONSIDER...

*Focus on the **attitude** the inner voice had. What's familiar about it?*

*What expression is on their face?*

*What do they do with their hands as they speak to you?*

*What shoes are they wearing?*



*Are they moving or are they still?*

*What is easy to love about them?*

*What prominent color do you notice?*

*What's their favorite activity?*



# YOUR LOVABLE RESISTANCE

Imagine Resistance as a lovable character in charge of maintaining your status quo. Resistance believes it's offering sound advice to keep things copacetic.

**Describe that character in detail below.**

What expression is on their face? What kind of shoes are they wearing?



**Need help accessing your Resistance for this exercise?**

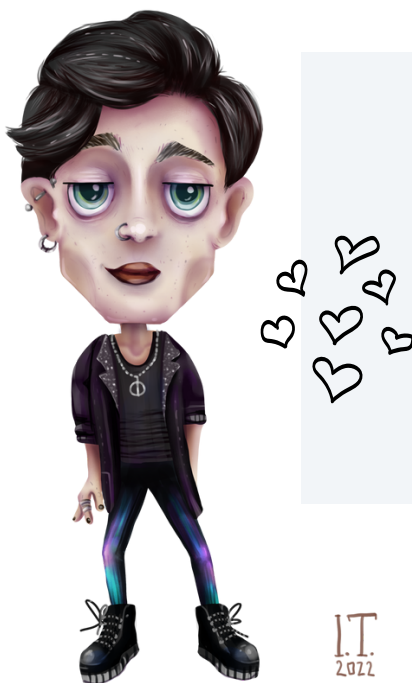
Think about the most recent time YOU wanted to do something and an inner voice opposed. What did it say that stopped you? **Focus on the attitude the inner voice had.** What is familiar about it? Flip through your old photos. Google images using related keywords. You will know it when you see it.



Ryan and RW each introduce their lovable Resistance.

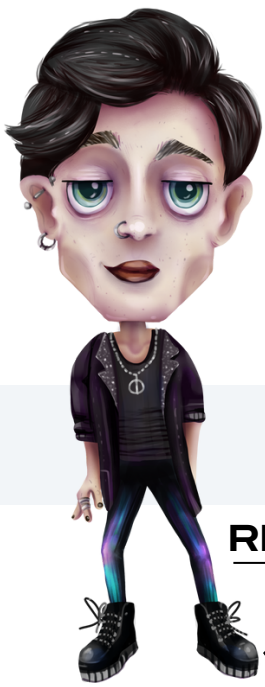


"My Resistance is a plump, wrinkled, matronly white-haired Grandma. She looks like a cross between Judi Dench and Angela Lansbury. Her brow is always furrowed with worry. She is wearing a heart-covered apron over her lime-green house dress. Fluffy pink slippers. She smells like stale cigarette smoke and freshly baked cookies. **She loves me unconditionally and is absolutely terrified that something bad will happen to me.** In her zeal to protect me, she always imagines the worst possible outcome to every scenario in precise detail." – **Ryan**



"My Resistance is a teenage boy of 19 with jet black floppy hair who is very dashing, very handsome and very seductive. He dresses stylishly, all in black with silver rings on his fingers, pierced ears and a nose ring. He's charming and fearless but also carefree and mischievous. **His primary aim is fun and indulgence** and he can be quite convincing if he wants me to play hooky or shirk my responsibilities. He's very hard to say no to."

– **RW**



# RESISTANCE SAYS

Do not waste your precious energy arguing with your Resistance. Instead, ACKNOWLEDGE its concerns, and then provide a SOLUTION.

## RW SHARES HIS HOMEWORK

### RESISTANCE SAYS

I.I.  
2022

Schedules are detrimental to your creative freedom and inspired writing. You should have a glass of wine and some stinky cheese and wait until the muse comes to you.

Why are you writing articles when you could be doing some automatic writing of your poetry or working on your memoir? You shouldn't have to write to try to create content for money, it should be for your own pleasure. This is beneath you.

What are you making for dinner? If you want to cook something spectacular, you might not have time to write today. You should go to the open air market and then have a drink at one of the open cafes in the square and do some people watching. You'll be inspired and you can catch up on writing tomorrow.

### YOU SAY

I am going to have a glass of wine and some stinky cheese but I'm also going to write for 20 minutes today because I am enjoying the release I feel from the creativity.

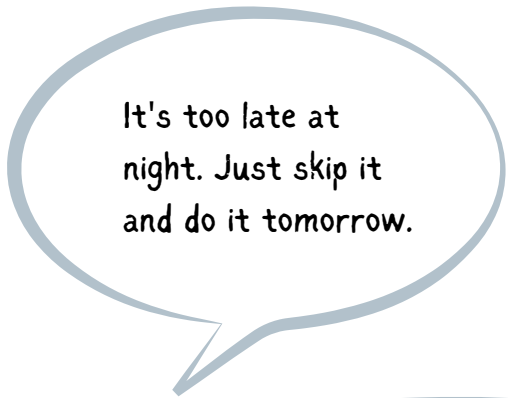
I can do both. And what's wrong with creating content for money? Nothing is beneath me if I have the desire to do it and I enjoy it.

I am going shopping earlier in the day and I can always stop and do some people watching then. Also, I can do all the prep for dinner and get things in the oven and still have time to sit down for 20 minutes and write while my spectacular dinner is cooking.

# RESISTANCE SAYS

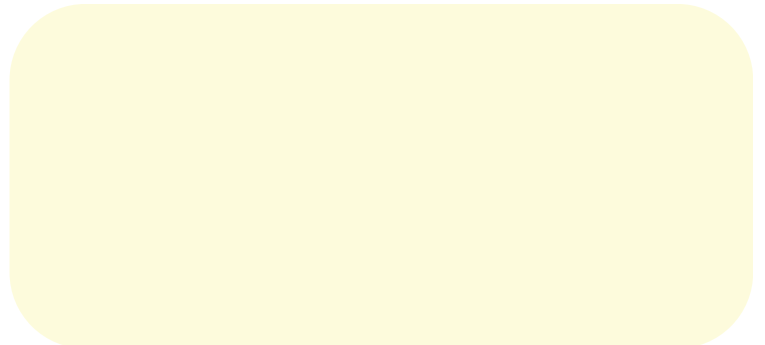
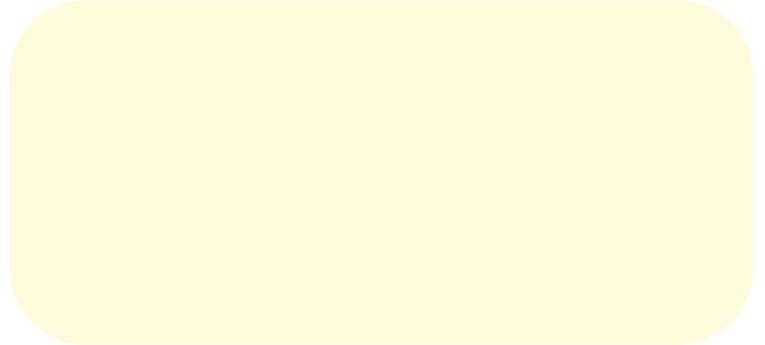
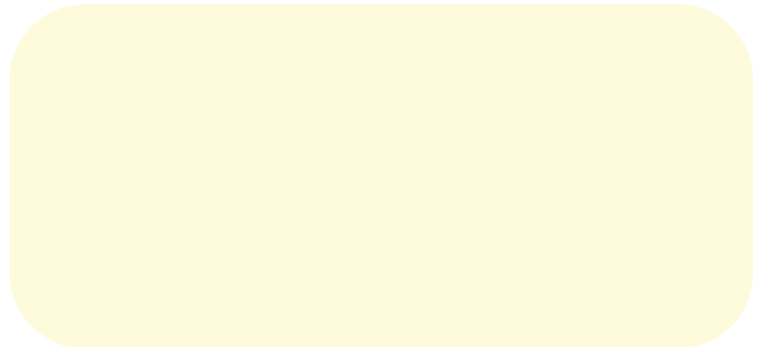
Resistance is along for the ride. Do not waste precious energy arguing. Instead, ACKNOWLEDGE its concerns and then provide a SOLUTION.

## RESISTANCE SAYS



## YOU SAY

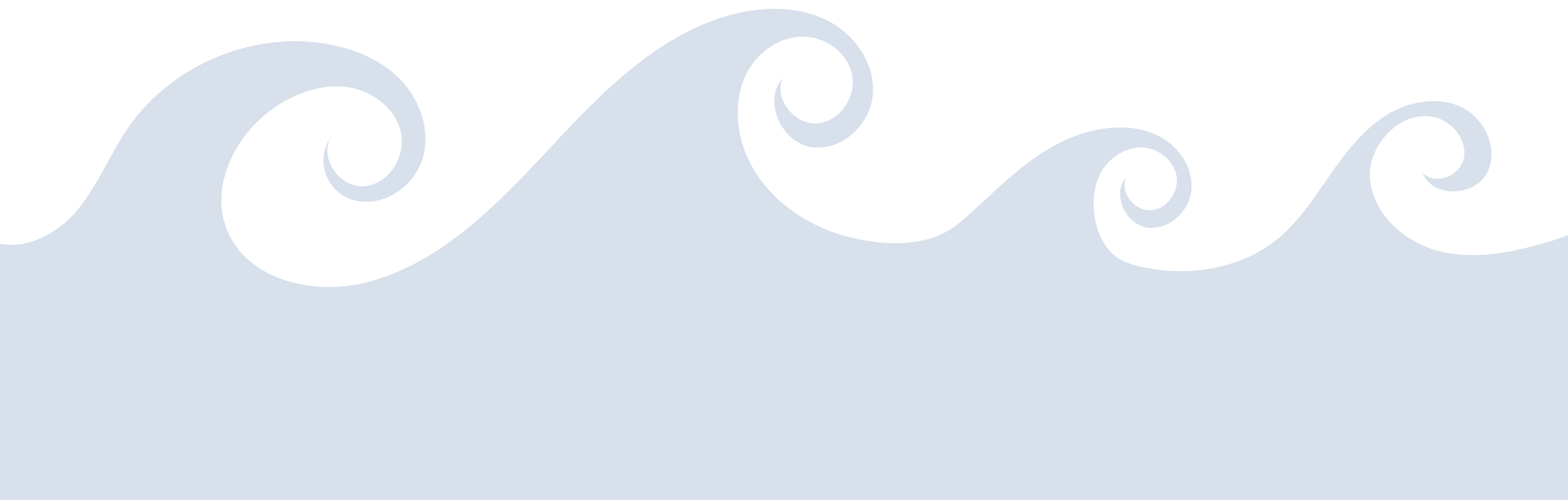
It is late. That's true. So I will spend 5 minutes doing my lil' habit right now. And then tomorrow I'll do it earlier so I have more time.



# URGE SURFING

Urge surfing is a technique developed by the psychologist Alan Marlatt and is used to move through an urge with curiosity, allowing it to pass without acting on destructive impulses. You can also use this technique to hang out with your Resistance.

- 1 When you feel Resistance, allow it to continue. Notice where in your body you are experiencing it. Focus on the sensations in this body part. What does it feel like?
- 2 Now, bring your attention to your breath and notice it for the next few minutes. Inhale...exhale...
- 3 Gently refocus your attention on the part of your body where you felt your Resistance. What does the sensation feel like? Has it shifted?
- 4 Imagine sending the breath to those parts of your body feeling the sensation. Take your time and watch and feel the sensations.
- 5 Imagine the sensations from your Resistance are a wave. As the sensations peak and subside, you can imagine the wave rise and fall. Use your breath like a surfboard to ride each wave as it comes. Practice this for a few minutes until the Resistance subsides.





# BE CURIOUS

NOT JUDGEMENTAL

## 02

### You don't know what you don't know.

You've been tasked to solve life's greatest mystery. There are two books in front of you. The first book contains everything you know for sure. The second book contains only new relevant information. Which book do you choose?

#### Judgement Keeps You Stuck

You won't gain new insight from a position of judgment because your ego is incentivized to seek confirmation and ignore reliable but conflicting information, ***especially if that judgment is attached to a strong emotion.***



#### Curiosity Rocks Your World (in the best way)

Curiosity requires you to check in with what is actually happening, observe and ask questions. Engaging in curiosity about yourself, your environment, other people, and the obstacles in your way squashes your ego's certainty, allowing you the space you need to course-correct and grow. ***When starting anything new, it's especially important to be curious.***





# CURIOSITY MAKES EVERYTHING BETTER

A lack of curiosity could be spoiling your life. There are undiscovered surprises waiting for you around each corner, but when you think you already know everything about everything, how will you notice them?

Stop seeking evidence to confirm your existing beliefs and start being curious about what you DON'T KNOW. When you make this mental shift, a whole new world of possibilities opens up to you.

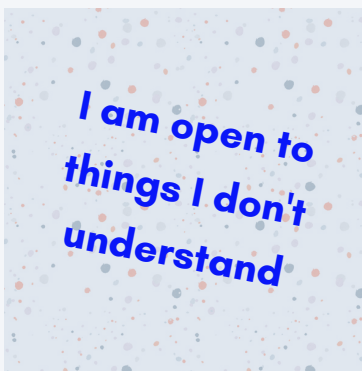


Today I look forward  
to seeing how I will

**SURPRISE  
MYSELF**

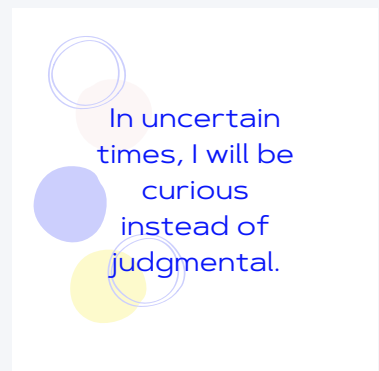
### **Curiosity about Self**

Be curious about your desires, choices, challenges, and happiness.



### **Curiosity about Ideas**

Challenge your preconceived ideas by looking at situations through a fresh perspective.



### **Curiosity about Process**

When you are curious about your journey, it deepens your experience.

03



# MAKE IT EASY

I totally get it. You've amped yourself up to hit an over-the-fence home run. Why else would you work with a professional coach unless you were looking for a next-level challenge?!

But the challenge isn't the habit, the challenge is engaging your lil' habit **consistently**. That's where the lessons are learned and real growth will occur.

Contrary to bumpersticker wisdom, you can have gain without punishing pain.

My first lil' habit was washing my face every night. I learned so much from engaging my lil' habit consistently (about myself, my Resistance, my motivations, etc.,) that it inspired me to teach others!

*"In the beginning, performance is irrelevant. Doing something impressive once or twice isn't going to matter if you never stick with it for the long-run. Make your new habit so easy that you can't say no." -JAMES CLEAR*

If your only definition of success is Go Big or Go Home, consider going lil' instead.

**Success for your lil' habit is showing up every day and being curious.**

**I CHOOSE  
TO  
SUCCEED**

# FRICTION

In the realm of habit formation, FRICTION is the element that makes it harder to engage your lil' habit.

To identify friction, think about the **time, distance and effort** your lil' habit requires. And then ask yourself how you can edit those to make engaging your lil' habit as easy as possible.



One of the exercises we do together in the DREAM A LIL' DREAM program is to design a **FRictionLESS** version of your lil' habit, where we dial down the friction to its bare minimum.

For example, the frictionless version of walking my dog Milo is to leash him and then walk him to the end of the driveway. *\*Yes, really\**

It's not a trick to get me to go farther (although that sometimes happens), it's respecting the science.

The frictionless version is a no-excuses opportunity to complete the feedback loop (CUE > CRAVING > ACTION > REWARD) and give my neural pathway its required consistency to make the habit stick.

Your frictionless version is the most important tool in your Lil' Habit toolbox. Remember, **showing up every day to engage your lil' habit is the goal**. When your lil' habit becomes automatic, you can increase the friction.

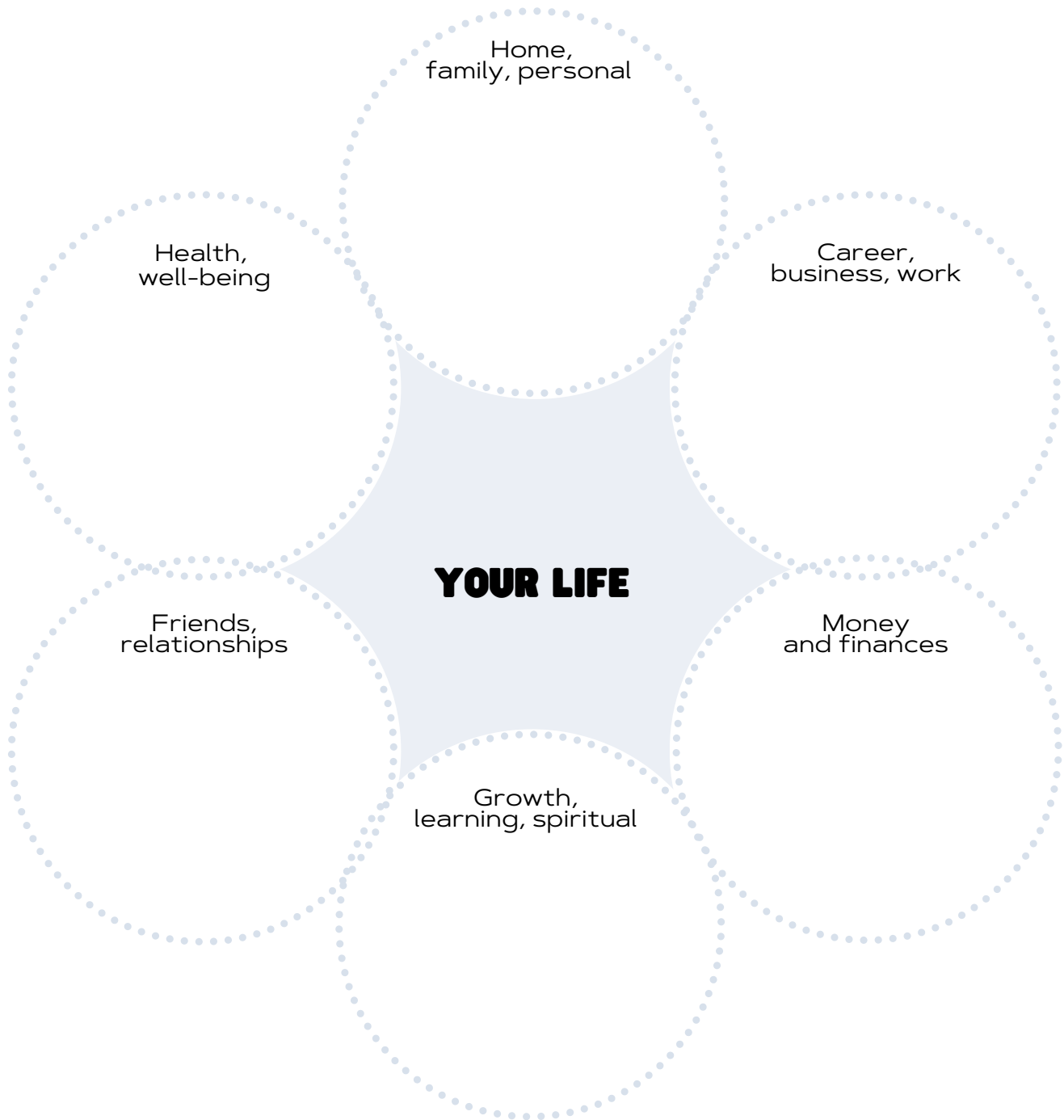
***\*Don't feel bad for Milo. He loves his driveway tours.\****





# MAKE IT **FRictionLESS**

Spend a day pondering one area of your life with an open and curious mind. At night write down one obstacle that you can make **FRictionLESS**.





# THE YAY!

04

*"Most people focus on the routine and behavior, but cues and rewards are really the way you make something into a habit."*

*- CHARLES DUHIGG*



## EXPERIENCING PLEASURE IS REQUIRED

You won't get any of the goodies of this process if you white-knuckle your way through it.

What you need to know when starting out is that to form a habit, you engage a Reinforcing Feedback Loop (Cue, Craving, Action, Reward). And this feedback loop gets juiced by what I refer to as the Yay.

The YAY is immediate and it triggers feel-good chemicals like dopamine. You can get a surge of dopamine from anticipating a reward (Yay!), from the pleasure of engaging in an activity (Yay!), and even from reflecting on a job well done (Yay!).

Be curious about the YAY you experience from your lil' habit and then make the effort to savor it. I learned that the YAY from washing my face was that it signified the end of my day. Now as day becomes night, I am eager to engage my lil' habit because once completed, I have no other responsibilities! *Can I wash my face now? How about now? Is now good?*

# PERFECTIONISM IS A FUNGUS

*"Perfectionism is not the same thing as striving to be our best. Perfectionism is not about healthy achievement and growth; it's a shield."*  
- BRENE BROWN

*"Perfectionism and procrastination have such a fine line. You say, 'Well, I want it to be good. I want it to be perfect.' But what you're really doing is not doing your work. You're putting off showing up and being visible because then you're going to be judged, and it might suck."* - JEN SINCERNO

**Perfectionism suffocates the YAY. And the YAY is required for growing your lil' habit.**

You can self-evaluate without killing your vibe. And you can make plans for improvement without overanalyzing your shortcomings.

*"Not Good Enough"* is not coming on this journey with us.



# YAY! TRACKER

It's all about the YAY! Honor your lil' habit feedback loop and get curious about the rewards that you crave and experience.

	YAY OBSERVATIONS	REWARD
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		



# WANT TO LEARN **MORE?**



## LIVE COACHING

A life coach can help you increase your self confidence and bring a fresh perspective to life's challenges.

Each week we set intentions and identify what worked and what needs tweaking.

I help heighten your self-awareness, provide you with new tools, and add a level of accountability.

You'll re-frame old beliefs, anticipate and understand the obstacles that block you, and acquire new skills that you will use time and time again.

To continue this journey, visit [lilhabit.com](http://lilhabit.com) and enroll in the **6-week DREAM A LIL' DREAM program.**

### What You Get:

- Live Online Coaching Sessions
- Custom 6-Week Journal
- Exploratory Quizzes
- Custom Illustration Keepsake
- Self-Assessment Worksheets
- Habit Trackers
- DREAM A LIL' DREAM Email Course
- Text check-ins
- \$1250 Value for \$600\*

\*Price and Value may vary.

