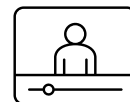




The Power of Habit™



THE GREATEST PREDICTOR OF HIGH PERFORMANCE

Habits are unparalleled predictors of long-term outcomes. They affect performance more than talent, intelligence, luck, or decision-making. Most know this, yet we struggle to take control of our habits to get the outcomes we want. If knowing is half the battle, the other half is doing. Success is predicated on self-mastery; high performance is a matter of habit.



WHAT IS THE POWER OF HABIT?

Based on the bestseller by Charles Duhigg and the latest science in habit formation, *The Power of Habit* teaches how habits work and how to develop effective habits using skill instead of willpower. The course teaches a skillset for mastering any habit. You might call this skillset the habit of all habits. The one to rule them all.

The on-demand experience of *The Power of Habit* harnesses the latest instructional design behind modern learning to deliver a flexible and interactive experience that translates into real behavior change.

Course Details

The on-demand experience of The Power of Habit is self-directed and delivers 4-6 hours of instruction. Users learn skills through bite-sized modules that feature video, quizzes, and application exercises. The ten lessons in the course share the idea, the skill, the pro tip, how to apply it, and conclude with a quiz.

COURSE MATERIALS

Digital learner guide

The Power of Habit Digital Model Card

The Power of Habit: Why We Do What We Do in Life and Business ebook

Digital course completion certificate

Access to post-learning online resources including articles, videos, and assessments

Lessons

1 START

- Get an overview of the course and course features.

2 THE LAG

- Identify which areas of your work and life lag behind your hopes and expectations.

3 THE HABIT LOOP

- Learn why and how habits control us.
- Spot habit loops in your life.
- Identify a habit loop to work on.

4 ROUTINES

- Identify the routines in your habits.
- Identify the routine for your Starter Habit.
- "Shrink" routines so they're easier to do.

5 CUES

- Identify the cues in your habits
- Identify the cues for your Starter Habit.
- Engineer your environment to "cue" desired routines.

6 REWARDS

- Identify the rewards in your habits.
- Identify a reward for your Starter Habit.
- Write a reward story.

7 ROI

- Learn how to give your habit rewards ROI.
- Identify rewards with ROI for your Starter Habit.

8 EXPERIMENTATION

- Be focused and flexible.
- Turn bad days into good data.

9 REPETITION

- Get your reps in.
- Visualize the routine.

10 FINISH UP

- Refine the habit loop for your Starter Habit.
- Create an action plan for your Starter Habit.

FOUR-WEEK ONLINE POST-LEARNING EXPERIENCE

- Retain learning and refine your skills with online resources.
- Receive weekly email tips and prompts.
- Watch videos on how to create more effective loops.
- Read helpful articles from experts.
- Access worksheets and take assessments.

