



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 in-person experience of *The Power of Habit* is an engaging classroom course rich with peer discussion, real-time practice, and group support and coaching. Delivered in one day, this in-person course offers the best in traditional learning and development.

Course Details

The Power of Habit incorporates group discussion, video case studies, personal reflection, and engaging exercises into a fast-paced learning experience that enables participants to build better habits.

COURSE MATERIALS

Learner Guide

The Power of Habit Model Card

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

Course completion certificate

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

What's the next step?

If you think your team could benefit from having the skills taught in The Power of Habit, contact us today.

Call 1-800-449-5989 or visit us at CrucialLearning.com

9:00 a.m. LESSON 1: LEAVE THE LAG BEHIND

- Learn how and why habits control us.
- Identify where your work and life lag behind your hopes and expectations.
- Spot habit loops.

10:30 a.m. BREAK

10:40 a.m. LESSON 1: LEAVE THE LAG BEHIND CONTINUED

- Create a habit loop for a desired Starter Habit.

11:20 a.m. LESSON 2: MAKE IT DOABLE

- Create routines you can actually do.
- Identify the cues that invite us to action.

12:00 p.m. LUNCH

1:00 p.m. LESSON 2: MAKE IT DOABLE CONTINUED

- Learn how to use cues to automatically trigger desired outcomes.

1:40 p.m. LESSON 3: MAKE IT DESIRABLE

- Understand what makes a good reward.
- Identify the Master Scripts you rely on to create effective rewards.

2:30 p.m. BREAK

2:40 p.m. LESSON 3: MAKE IT DESIRABLE CONTINUED

- Learn how to connect rewards with your Master Scripts and new routines.
- Refine the habit loop for your Starter Habit.

4:10 p.m. LESSON 4: MAKE IT HABITUAL

- Learn how to turn bad days into good data.
- Discover how to stay focused to achieve your goals.
- Create an action plan for your Starter Habit.
- Refine the habit loop for your Starter Habit.

4:30 p.m. END OF COURSE

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.

