

Objective & Big Idea:

Introducing the concept of a Keystone Habit and how it helps us bridge the behavioral gap that exists as we seek to make lasting change in our life.

How it Works:

Talk through the 5 Stages of Transformation. Highlight that the Weekly Reflection Guide is an example of a Keystone Habit which helps participants move from simply valuing the intentionality of living out their life call and actually being able to prioritize it.

Coaching Tips:

Bring in an example from your own life of a time when you instilled a Keystone Habit to actualize change in your life. Encourage participants that as human beings we all require time and discipline to create new behaviors.

BIG IDEA: Transformation is a process that includes a critical step of Habit Building.



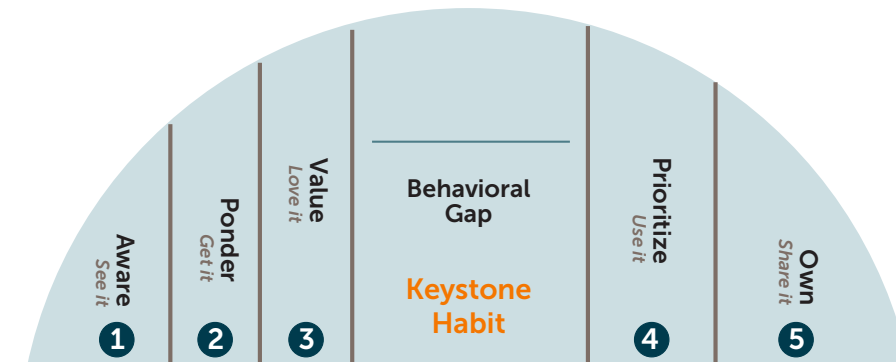
Reference:

90 Day, pg. 8



5 Stages of Transformation

- 1 **AWARE:** People _____ about it for the _____ time.
- 2 **PONDER:** People _____ about it and try to _____ it.
- 3 **VALUE:** People think it is _____ and begin to do a few new things regarding _____ .
- 4 **PRIORITIZE:** People _____ their time and _____ to try to consistently _____ their new _____ .
- 5 **OWN:** People _____ it consistently. All _____ are based on it.



* Benjamin Bloom "Taxonomy of Educational Objectives"