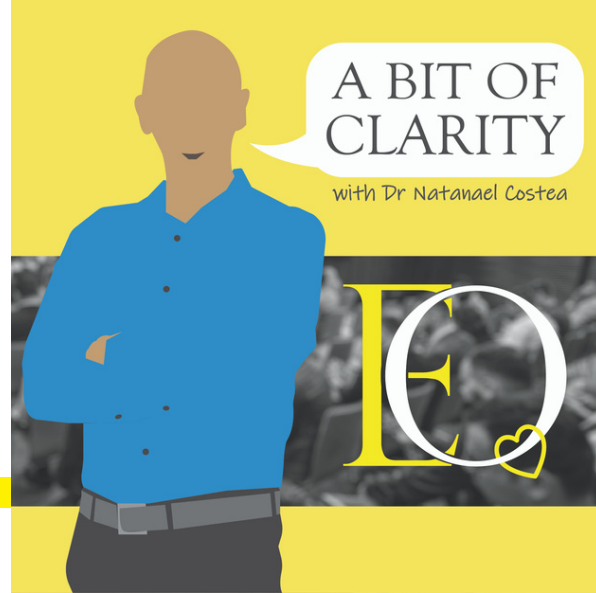


# EP 016 CREATING STRENGTH HABITS

## SHOW NOTES



### OBJECTIVE

> Develop an ability to create strength habits.

### UNDERSTANDING YOUR CHARACTER STRENGTHS

> In order to develop any of your habits, you need to have an awareness of them and an ability to measure them. By undertaking the VIA ([www.viacharacter.org](http://www.viacharacter.org)) character strengths survey you will find what your strengths are and what you can do to strengthen some of the non performing ones (refer to Episode 10.).

### THE ELEVEN MINUTE HABIT

To ensure you can find time in your day to have at least one strength-fueled moment, the VIA Institute has come up with an 11 minute habit, based on scientific research.

- > 30 seconds to activate the habit, to get started.
- > 10 minutes to practice the habit by completing a task or a routine.
- > 30 seconds to celebrate by sharing it or ticking it off your list.

### FIVE SCIENCE-BACKED HABITS FOR WORK AND LIFE

In a world filled with failure and struggle we need to develop mental strengths that become part of our life routine.

1. **Fuel your purpose.** "Passion is energy. Feel the power that comes from focusing on what excites you," said Oprah Winfrey. Learn to reignite your mental power by stirring up your passion, the 'why' of your life.
2. **Seize the day.** "The path to success is to take massive, determined action," said Tony Robbins. Move from wishing to doing, from planning to action. Action creates momentum and alignment. Adjust your everyday environment.
3. **Recharge.** "Resilience is how you recharge, not how you endure," said Shawn Achor. Learn to know when to switch off (phone, laptop, etc.) and prioritize much needed recuperation of your body and mind.
4. **Practice delayed gratification.** The discomfort of delay brings mental toughness that enables you to reap bigger rewards in the future. Learn to view investments of your time and energy in the longer terms and with wider benefits.
5. **Surround yourself with people that build you up.** Oprah once said, "Surround yourself with people who are going to lift you higher." Emotions are contagious and success stories will inspire you to work harder to become better.

### APPLICATION

> Apply daily the five habits for work and life by writing down at least one action point for each, then doing it.

### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
- > Subscribe on [Apple Podcasts](#)
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