



## Webinar: How To Break The Habit Loop And Create Healthy Change

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**Wellness encompasses these 8 areas of our lives:**

- Spiritual
- Financial
- Environmental
- Emotional
- Intellectual
- Physical
- Occupational
- Social

The definition of wellness is the act of practicing healthy habits on a daily basis to attain better mental and physical health in these areas. Fitness is an activity; wellness is an attitude.

**Matthew 6:33 “But seek first the kingdom of God and His righteousness, and all these things will be added to you.”**

**What is a habit loop?**

- Cue.
- Response.
- Reward.

Don't do things for the reward. Do it because of obedience. Do it because it's the right thing to do. Reward will come later.

**Habit loops are created in habitats.**

- Internal and external.
- Look at the environment around you and within you.



### **Mindset of a healthy habit loop:**

- Recognizing that needs aren't given to us by God to all be met, but to cultivate relationship.
- We can be satisfied in Christ and then we can bring that to others.
- Even if we can't get a need met or meet a need in another, we give our presence and show up with kindness and empathy. This creates resilience and healthy attachment.
- John 15: Abide.
- Real reward: we get our need met, and if not met, we get the comfort of presence. God's presence- always with us. This is how we thrive.

**Deuteronomy 31:8** "It is the Lord who goes before you. He will be with you; He will not leave you or forsake you. Do not fear or be dismayed."

**Proverbs 18:24** "One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother."

**Philippians 4:11** "I am not saying this because I am in need, for I have learned to be content whatever the circumstances."

### **Mindset of an unhealthy habit loop:**

- A need is met with stress, irritability.
- Fake reward: we get what we need to get by, while learning crooked ways to get what we want.

### **How do we break a poor habit loop?**

**We need to know that an interruption is needed.**

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and freedom." Victor Frankl

→ The space between stimulus and response is *breath*.



## **BREATH:**

- **B:** Become aware of your body and breath.
- **R:** Reflect on yourself.
- **E:** Engage with the Lord in humility.
- **A:** Apply what He says.
- **T:** Transform yourself by hearing and doing the Word.
- **H:** Help others. Teach!

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