

~ June 12 ~

How to Find and Fix the Causes of Your Bad Habits

Why Self-control doesn't work!

Dr. Ernest Holmes, in his book, *Science of Mind*, says, In demonstrating over conditions, the only inquiries we need to make are: “Do the things we want lend themselves to a constructive program? Do they express a more abundant life, rob no one, create no delusion, and express a greater degree of livingness?” If we are able to answer these questions affirmatively, then all the power in the Universe is back of our program!
SOM P 188

James Clear, in his book, *Atomic Habits*, says, “The cues that trigger a habit can start out very specific, but over time your habits become associated not with a single trigger but with the entire context surrounding the behavior. Our behavior, however, is not defined by the objects in the environment but by our relationship to them. In fact, this is a useful way to think about the influence of the environment on your behavior. Stop thinking about your environment as filled with objects. Start thinking about it as filled with relationships.

The good news? You can train yourself to link a particular habit with a particular context. The power of context also reveals an important strategy: habits can be easier to change in a new environment. It helps to escape the subtle triggers and cues that nudge you toward your current habits. Go to a new place—a different coffee shop, a bench in the park, a corner of your room you seldom use—and create a new routine there. It is easier to associate a new habit with a new context than to build a new habit in the face of competing cues.

A more reliable approach is to cut bad habits off at the source. One of the most practical ways to eliminate a bad habit is to reduce exposure to the cue that causes it. For example, if you can't seem to get any work done, leave your phone in another room for a few hours.

This practice is an inversion of the 1st Law of Behavior Change. Rather than make it *obvious*, you can make it *invisible*. I'm often surprised by how effective simple changes like these can be. Remove a single cue and the entire habit often fades away.

Self-control is a short-term strategy, not a long-term one. You may be able to resist temptation once or twice, but it's unlikely you can muster the willpower to override your

desires every time. Instead of summoning a new dose of willpower whenever you want to do the right thing, your energy would be better spent optimizing your environment. This is the secret to self-control. Make the cues of your good habits obvious and the cues of your bad habits invisible.

Dr. Jim will read the Prayer

Read this prayer, **written by Dr. Jim Turrell** twice a day.

The Perfection of God's presence forever animates and illumines the on-going creation of God's goodness. I am unified with the goodness of life's blessings and speak my word for a life that is cued up and ready to live. Right now, I declare the old cues that limit my good INVISIBLE and the new cues OBVIOUS! Every part of my being responds with acceptance and joy. The new cues fulfill my craving for a life that is creative, prosperous and filled with love. The old habits are neutralized and the powerful inspiration that flows from my Divine Intuition now comes from the infinite nature of God Itself. Thank you God, for the blessings and the knowledge that effortlessly informs my intentions, behavior and motivation. Released and operational my new life fills me with trust, confidence and optimism. Blessed from every direction my life is a pleasure to live. AND SO IT IS!

Sunday Program

Welcome: Bob Estrada, RScP

SOLO

Featured Musician Kris Shelton

Piano: Ron Levy, Bass: David Weeks-Wynne, Guitar: Brian Pothier, Drums: Phil Carillo

Back up Vocals: Erica Turrell

Affirmative Prayer & Affirmation

Eve Chauvel, RScP

Affirmation

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— James Clear

SOLO

Featured Musician

READING

Erica Turrell

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Bad Habits Can Be Fixed

Why Self-control doesn't work!

OFFERTORY

Affirmation and Solo

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and the cues of your bad habits invisible.

—James Clear

SOLO

ANNOUNCEMENTS

Closing Song

Featured Musician