

My Habit Factor Experience

I can still remember it like yesterday. It was Tuesday, December 31st and I was listening to an audio teaching from Leadership expert Dr. John Maxwell. On the audio John talked about the importance of having a plan for personal growth. Now when it comes to setting New Year's Resolutions I'm the man for the job. Unfortunately, I come up short every year because I've never had a good system in place for achieving my goals. After finishing the audio I started researching goal setting apps. After reviewing several apps I ran across the Habit Factor App. Two things immediately stood out about the Habit Factor App:

First I was very impressed when I saw that a book had been written to explain the thought process behind properly aligning habits and goals. I started off with the sample first on my Kindle. After reviewing the sample I downloaded the audio book from Audible.com. I listened to the first hour and then I realized that I was missing highlight opportunities so I went ahead and purchased the e-book. The more I read the book, the more I became excited about what I was reading because Martin kept referencing authors and speakers that I was familiar with such as Brian Tracy and Napoleon Hill. Secondly, I was excited about being able to participate in the week habit tracking challenge. **I knew that if Martin was willing to write a book and hold an accountability challenge, he truly believed that the Habit Factor could help people achieve their goals. I was excited about having the opportunity to participate.**

I will share my Habit Factor experience using the acronym HABIT.

H – Habit Factor

- The **H** is for the Habit Factor App. The Habit Factor is an amazing app that is really easy to use. One of the things that I love about this app is the simplicity of it and the fact that I spend less than 5 minutes a day in the app. I noticed a couple of things that I believe would make the app easier to use. 1- It would be great if the app allowed for multiple profiles to be created. I'm planning on using the worksheets to track reading habits for my two oldest sons (5 & 7). Another area for improvement would be to be able to share data across devices.

A – Accountability

- The **A** is for Accountability. The number 1 reason why I signed up for the Habit Factor challenge is because I wanted to put myself in an environment where I could be accountable for my actions. As part of the challenge I was required to submit the results of my weekly habit tracking. I have to admit that there were plenty of nights where I

stayed up past midnight in order to complete my daily habits because I wanted to be accountable.

B – Begin with the End in Mind

- In the book the 7 Habits of Effective People one of the habits that Steven Covey suggests is to Begin with the End in Mind. So the **B** in our acronym stands for ‘Begin with the End in Mind’. This concept works great using the Habit Factor app. You first identify your goal as if it has already been achieved and then you work backwards by identifying the habits that are required to accomplish that goal. When I read about this concept in the book I immediately started thinking about other successful people and the habits that they must have developed to achieve their success. I looked into John Maxwell and I found where he talked about the 5 habits that he uses everyday (Reading, Filing, Thinking, Writing, and Questioning). After I set my personal goal to read 52 books in 2014 I searched online to find other people that had accomplished this to discover their habits.

I – Inspiration

- The **I** is for Inspiration. I had lots of inspiration for doing the challenge as well as staying consistent towards my goals. A big inspiration is the iPad prize. As the sole provider for a family of five I’d probably never spend the money on an iPad but I do have the discipline to go after my goals. The late Jim Rohn said that if you have enough reasons you accomplish anything. In the books forward, Roz Savage wrote “If you have a big enough reason ‘Why’, you will always be able to find your ‘How’”.
- One of the great things about the Habit Factor app is that when you are setting up your goals you have the opportunity to enter one or more reasons why the goal is important to you. In addition, as you are setting up your habits you have the opportunity to add additional reasons for each habit.
- To help maintain my motivation during the challenge I created a video consisting of images and quotes that reminded me of what I’m attempting to accomplish in 2014. I am passion about personal growth and becoming that God designed me to be.

T – Tracking

- The **T** is for Tracking. In the Habit Factor book Martin Grunburg says that we don't get what we want; we get what we track. With the Habit Factor app habit tracking can be done with a simple click. In fact, it takes less time for me to track my habits using this app than it would to open up Excel on my pc. Another benefit of this tracking is that you can run reports to see how you are progressing towards your goals. The best thing about the tracking feature is that it doesn’t contain room for excuses. Either you did it or you didn’t. Like I mentioned before, I love the simplicity of this app.

So How Has It Worked?

- So how is it working for me? Over the last 5 weeks since I’ve been using the Habit Factor app I have read 5 books and I have been more consistent towards my personal growth goal of reading 52 books and listening to over 1,000 audios this year. Thanks to

the Habit Factor Philosophy I feel more confident that I can achieve any goal that I set as long as I'm willing to identify and track the proper habits.

Conclusion

- Napoleon Hill said that 'You are where you are and what you are because of your established habits of thought and deed.' I'm looking forward to sitting down on December 31, 2014 and running my habit report over the entire year and seeing how my consistency has helped me hit my goals. Napoleon Hill also talked about developing the Habit of going the Extra Mile, so I decided to go the extra mile by continuing to track my goals and creating a speech in addition to this essay.

Thanks for the opportunity to be accountable,

Here are two videos that I created for the Habit Factor Challenge and to assist me with maintaining my consistency.

Habit Factor Experience Playlist:

<http://www.youtube.com/playlist?list=PLbBu6nkpFqGaG2-OqZbc3LBVDuSMOYAcz>

Vision Video/Mind Movie

<http://www.youtube.com/watch?v=DUhT7ZkLaKY>

Habit Factor Experience Speech (Given to 17 people at a Toastmasters meeting)

http://www.youtube.com/watch?v=a8KHmXoq_kU