



## 7 - Steps to Building Unbreakable High-Performance Habits

- Build habits that survive pressure
- Stop starting over every few months
- Move from intention → identity → automation

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### # 4

#### Remove Friction & Derailers (IF - THEN)

Pre-decide your response to disruption.

- IF meetings run late → THEN I do the minimum version
- IF motivation drops → THEN I rely on the system
- IF stress hits → THEN I default to the healthier response

This is how habits survive chaos.

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### # 1

#### Know Your Why

Weak why = fragile habit

##### Ask:

- What does this habit *protect me from*?
- Who do I become if this is consistent?
- What does it cost me when I don't do this?

High performers anchor habits to identity, not motivation.

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### # 2

#### Define Success

(SMART + RAS)

##### Be specific

- What does “done” look like?
- When exactly does it happen?
- What tells my brain: this matters?

The Reticular Activating System (RAS) notices what you define clearly.

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### # 3

#### Schedule & Commit

If it's not scheduled, it's optional.

- Attach the habit to an existing anchor
- Decide when and where in advance
- Treat it as a non-negotiable meeting

Decision-making upfront = less friction later.

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### # 5

#### Automate & Build Systems

Consistency beats intensity.

- Reduce steps
- Remove choice
- Build defaults

High performers don't “decide” daily. They execute systems.

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### # 6

#### Celebrate the Wins

Your brain repeats what it rewards.

- Track completions, not perfection
- Acknowledge effort, not just outcome
- Reinforce identity: “This is who I am now.”

Reinforce the behaviour you want more of.

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### # 7

#### Focus on Consistency

Don't miss twice.

- Progress is built through reps
- Habits deepen through repetition
- Momentum > motivation

The goal isn't flawless execution. It's reliable return..

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