

# How to Establish High-Performance Habits

## Accelerating Excellence with Del Gilbert Podcast Episode #73 - Resource Guide

---

*"Good habits are hard to acquire and easy to live with.  
Bad habits are easy to acquire and hard to live with."*

-Jim Rohn

### **BIG IDEA**

Work hard to create habits that work for you.

#### **1. Healthy Habits are Difficult to Develop**

When starting out - be firm with your new habit. You will have to discipline yourself regularly. But put in enough discipline and eventually, over time, the new action becomes automatic. Once the habit is established, it takes less discipline and yields more results. Your new habit begins to work *for* you.

#### **2. Start Small**

Everything that is big started out small. You want easy, early wins in your journey to developing a healthy habit. Pre-decide very specifically what you are going to do, then do it - whether you feel like it or not. Be patient. If it was easy, everyone would do it.

#### **3. When You Fall Off the Wagon, Get Back on Quickly**

Expect that, from time to time, things will happen to cause you to break your habit. Either from outside forces or self-imposed slip-ups. But keep short accounts. Don't let one failure turn into a repeated pattern of failure. Rebound quickly. Try not to miss two days in a row. Life is about success, not perfection.

## **3 HIGH-PERFORMANCE HABITS**

#### **1. Morning Solitude**

Practicing solitude will help you appreciate life more, help you lead a more intentional life, and will help you develop inner strength. Solitude helps you experience more joy and peace in your life, and it builds resilience.

#### **2. Daily Planning**

Planning your day well will keep you on track with your highest priorities, help you overcome distraction, and help stay ahead of deadlines. Planning your day prevents things falling through the cracks, falling behind and always doing things at the last minute. Planning your day reduces stress and anxiety.

#### **3. Regular Exercise**

Your body is the engine of your life which enables you to go places, accomplish tasks, and produce income. If you exercise just 30 minutes a day, you feel better, you look better, and you are healthier. You have more energy, concentration and focus. You increase your self-belief. That is a huge return on investment. Being in shape is huge advantage in life.