

NEXT 90 CHALLENGE

WITH DAVE HOLLIS

WEEK 3 ↳ HABITS



YOU WILL NEVER CHANGE ANYTHING UNTIL YOU COMMIT TO

CHANGE ON AN EVERYDAY BASIS



TRACE BACK WHERE THE TRIGGERS COME FROM

BE CONSISTENT

WHEN I AM TRIGGERED BY (TRIGGER) CURRENTLY I (ROUTINE) BECAUSE IT PROVIDES ME (REWARD)

IF/THEN STATEMENTS

IF I WANT TO... THEN I NEED TO...

MAKE A LIST



DAVE'S FOCUS

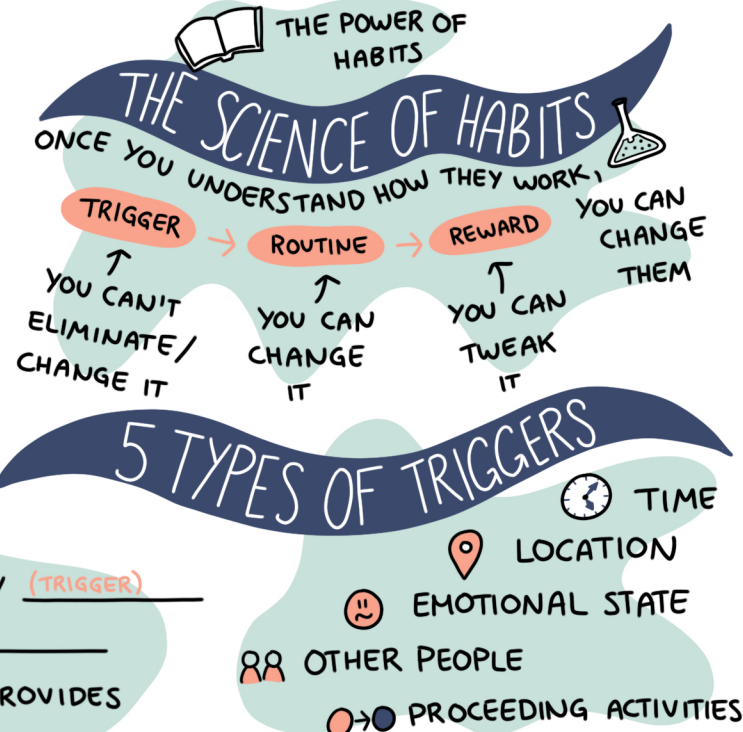
- 1 LEAN INTO FAITH
- 2 DAILY ROUTINE
- 3 MOVE YOUR BODY

- 4 GUARD MEDIA CONSUMPTION
- 5 DAILY GRATITUDE PRACTICE
- 6 DRESS THE WAY YOU WANT TO FEEL
- 7 STAY CONNECTED TO OTHERS
- 8 DRINK WATER & EAT RIGHT

- 9 GIVE GRACE
- 10 FIND A GO-TO WHEN THINGS GET HARD



- 11 PROTECT YOUR ALONE TIME
- 12 FOCUS ON THINGS YOU CAN CONTROL
- 13 FOCUS ON JOY



START WITH KEYSTONE HABITS

HAVE RIPPLE EFFECT

EG. DAILY EXERCISE

MINDSET

MOOD

EATING HABITS

STACK HABITS

ADD ONE SMALL HABIT TO AN EXISTING ONE



ALONE TIME

SLEEP

SELF-CARE

4 QUESTIONS

DO YOU KNOW...

- WHAT YOU NEED TO IMPROVE?
- HOW YOU'RE SUPPOSED TO IMPROVE?
- WHY YOU NEED TO KEEP IMPROVING?
- WHEN YOU'RE SUPPOSED TO IMPROVE?



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