**3 LIFE CHANGING HABITS**

**Male speaker:** Welcome to the Chalene Show. Chalene is the New York's Time’s bestselling author, celebrity fitness trainer and obsessed with helping you live your dream life.

**Chalene** **Johnson**: Hey there! What's up? I'm glad you're here. I know you're short on time; I know you have big plans for the year. I’m going to get to the point. I love listening to podcast. Okay, what's the point? What's the point, what’s the lesson and how do I apply this to my life immediately?

You don't have time to listen to stuff that's like, “That's interesting, it’s entertaining but doesn't do me any good.” So I always try to make sure I'm delivering content to you that makes a difference in your life and I know this episode is going to make a difference in your life. I want to share with you three life improving habits. These are the three big ones.

Now, as I've said--I don't know, I just think it’s a waste of time when people talking general theories and they don’t' tell you specifically what to do. Tell me what to do. What is A, B and C and I'll do it. That's what I want to do for you. Not only I am going to share with you these three life-improving habits, I'm going to give three action steps for each one. Let's get going.

First one: Everyday, make a to-do-list. Now, I know you already make list. You drop things down and post-it notes, maybe you're super organized and you keep them in your phone or you have a legal pad where was my father-in-law does. He's got like reams and reams and reams of legal pads. And he always jokes. And we’re like, “Bob, why don’t you learn to use the computer or something.” He's like, "Oh, yeah, I'll tell you what. This thing never crash. This thing never gets a virus, any waves as legal pad as,” which is true and it works for him because he always has it with him but for 90% of us, we don't always have a legal pad with us. What do we have with us? Our phone.

So the first habit I want to share with you is creating a daily to-do list but it's not an ordinary run of the mill to-do-list. It's not a random list that you make when you feel overwhelmed. It’s the list that’s made at the same time of day, every single day in the same place and that is why I suggest that everybody do it on their phone.

On my show notes, I will include for you a list of apps that I think are great for to-do-list. For many years, I have been using Awesome Note. I use Awesome Note because it syncs with my IPhone, it syncs with Evernote and I'm able to see what other people’s to-do-list are, I can create to-do-list for anyone who's on my Evernote account so I can check in and see what Christine, my assistant has been working on, Brett can see my list, I can see his, it's pretty cool. Anyways, let me give you your three action steps.

Number one: Keep your to-do list on your phone. Whether you have an android or an IPhone, they all happen incredible apps. Just look at the reviews, you'll find the one that you love from my analysis. I love an app that's really simple. If there’s too many bells and whistles that takes too much time to organize everything. I'm not going to use it. I want a very simple to-do-list app and there are plenty of them I’ve used, probably a dozen over the last year and I always go back to Awesome Note. It might not be your favorite; it works for me, so I love it.

Step 2: It's every day when you make your to-do-list. Make it at the same time of day, every day. That way, it becomes a habit because you get triggered by the time of the day. For example, I make my to-do-list every day after my morning work outs. So most days, I work out at 5:30 am, there's a few days where I allow myself to sleep in and I still will make my to-do-list right after I work out. While I'm working out, I'm thinking, “As soon as I'm done with this thing, I know what I'm doing next. I'm going to take ten minutes to quickly revise my to-do list,” and I do that every single day and it keeps me on task, it makes me relax and makes me sleep well at night but it's really the habit of doing it at the same time every single day. Now, you've got to put a reminder on your phone so you remember to do that until it becomes a mindless habit.

Step 3: Under creating a daily to-do-list is to put as little as possible on your list for things that have to get done that day. So if you've like 25 things on your list, that’s not a to-do-list. That's like a live list. What you have to do, you can start with a brainstorm and you can do brain dump, “Okay, I've got remember to return that dress and I've got to reply to my emails and I need to make that phone call to schedule an interview and so on. I want to clean out my closet and I want to remember to buy new Tupperware,” like all these things, right? They are weighing in your head and you're afraid you don't forget them.

So you do a brain dump, that's fine. But really? Do all of those things have to get done today? No. It would be great if you're a superhuman but we're not. So take the pressure off and if when I do is I make my master brain dump and I list everything I can possibly think that needs to get done that’s bugging me and that goes on the master list. I pluck from that list just three things that must get done today or someone's going to die. I mean not really but I look at those items and I say, "Okay, what really has to be done today because it's time-sensitive, not something I want to get to but something I have to get to or like the lights are going to turn off, no one's going to eat, you'll lose your business. Just like the world's going to crumble if I don't do this today.

I just focus on those three because I’ll get those done because if I look at these huge list at everything I'd like to do and shouldn't be able to get done, I always forget to factor in life getting in the way and things that come up and squeaky wheel and just stuff, right?

When I used to make this huge list of everything I wanted to do, I spend so much time just transferring over the 15 things I didn't get to, to the next day and quite frankly, you feel like a failure. When I started creating a list, it only had three items just to start with. Just three things, that’s my goal, just three things that I have to get done.

When I started doing this, I started feeling much more accomplished, ones you blow through those three, and then you can take new ones off of your master list but don't put them on there, don't add until those three are done. One extra special note that I do with my to-do-list is I try to make sure at least one to two things I do per day relate to my push goal. Now if you don't know what a push goal is, you can listen to my last episode where I specifically talk about goal setting and I explained the concept of a push goal. It’s very powerful and it will make so much more sense to you after you listen to that episode.

My number two habit, wake up early three days a week. We're keeping this to threes. Wake up early at least 3 days a week now. That’s pretty simple. Everybody understands that the early bird catches the worm. When you wake early, when you rise before the rest of the world, it needs you, you're far more productive, we know that this is one of the most effective habits of highly successful people, they wake up early. I'm asking you to do it just three days a week. How do you do that? Here are your three action steps.

Number one, set an early A.M. meeting up with a partner. So on those days, I get it. I'm not a morning person. Are you kidding me? If I don't have some place to be or someone I have to meet, I'm telling you right now, I would not wake up early. It is because I have a scheduled time that I work out at the gym and I have people there waiting for me. If there weren’t people there, who would say, “Where is she? What a flake! Why isn't she here?” I would probably go hit snooze and talk myself into the fact that I need sleep. I just wouldn't wake up early.

So number one, set a time when you're meeting somebody at that time. Maybe it's an online Skype with a partner or you’re meeting somebody with your prayer group. Maybe it's when you work out with someone. Maybe it's taking a class to the gym but set up something where other people are expecting you because when you know others are expecting you, you won't let them down. You will show up, you'll wake up early and you won't hit snooze.

Number two, speaking of snooze: Set an alarm but set it in the other room. If you use your phone for your alarm as most people do, that's fine. Just set it up far enough away that you have to throw the covers off, put your feet on the ground, open up your eyes and walk across the room to get your phone.

The biggest challenge from most of us, the biggest challenge about waking up early is just waking up, getting up and walking across the room, getting up out of your comfy warm bed, walking across the room, that means you have to open your eyes, it means you have to be slightly coherent which means you're awake and once you're awake, as I always like to say, I just keep repeating to myself, “I'm up, I’m up, I’m up, I’m up.”

Now, if you walk across the room and the whole time you’re saying to yourself, "I’m so tired. I'm going to hit snooze. I'm so tired.” You'll go back to bed. So just repeat those words as you're walking over to your alarm or your phone that you're using as alarm. Just keep repeating. “I'm up. I'm up. I'm up.”

Your third action step to really solidify this habit is to give somebody or someone permission to get you up. In other words, you're going to enlist the help up some others to make sure you get your butt up out of bed even if you're still sleeping. You have to be okay with that. Now, if you have kids, they love doing this. It doesn't mean that they have to get up in order to wake you up. It just means you can get them in on the action.

Kids love to keep parents accountable so you can make this fun. You can tell them, "Hey, if I don't give up, 3 days this week inserts specified times.” Let's say 5:30 AM and start my day or get my workout or start my day with a prayer. Whatever it is you decide, you're going to at that hour that you need to do; that’s going to set the tone for your day. You're going to tell your kids what you're willing to do as a consequence. It can be something fun that you really don't want to do.

We'll hold you accountable. I will do your chores. I will double your allowance this week or you guys get to pick what we’re having for dinner every night this week. Something that you're like, "I cannot allow that to happen. I better get my butt up out of bed.”

Another thing you can do if you're married or have a roommate is to give your partner or your roommate permission to get you up out of bed. Do the very same thing. Listen. If I'm not up by this time, here's what I'm going to do or hear the consequences I'm going to pay. I really need your help.

No matter how bad I beg and plead and tell you I’m so tired and I need sleep. Please, I'm asking your help. Get me up out of bed. This is really important to me. I would love to tell you that after a week or so of this, your body will get totally use to it and you’ll love being a morning person but the truth is I've been doing these four years and every time I hear my alarm, the thoughts still go through my head. I should sleep in. I don't feel getting up all those bed is comfortable. “Oh, I love this pillow. Oh, I could use some more sleep,” like these are some of those thoughts that go through my head and then I just started thinking about how awesome I feel after my workout, how good it feels to start my day early.

Now, I get up early and start my day at 5:30 A.M., a minimum of 4 to 5 times of week. I allow myself to sleep in on Saturdays and Sundays and that's pretty yummy. I feel lousy if I sleep in and I don't get in that extra time of productivity. Nobody needs me at 4:30 A.M. or at 5:30 A.M. I'm not being questioned or sent text messages. It's my time to focus. It's my time to get productive.

That's what workouts are for me, they are time for me to keep me balance and focused and happy and healthy. I’m more creative and I’m more patient. It's the perfect drug and it's free. Why not do that when no one else needs me. It doesn't affect anyone else’s schedule. It just requires that I develop his habit, a new habit that you're going to develop this year.

Hey guys! Thanks for allowing me to interrupt. I just want to jump in at this point and make a suggestion. The Chalene Show is all about being better, living with purpose, improving ourselves from the inside out and there's so many of you who reach out to me and leave me messages asking how to stay motivated or how to erase self doubt, how to get out of your own way and do some of these things. It all boils down to one trait, confidence.

Most people agreed that confidence is what makes someone attractive. It's not their weight or how good looking they are or driving the right car. It's confidence and confidence can be learned. It can be improved. If you dread being in certain social situations or if you struggle with self out, if you just know there’s so many things you could do if you just really believe in yourself and I want to encourage you to check out what people are saying about this program. Go to *courageousconfidenceclub.com*.

Okay, that's it for now. Back to the show.

All right, here we go. The number three: life improving habit. Here it is. This habit is called get smarter. That's it. If you get smarter this year, you're going to have a better year. Think about it. The more knowledge we have, the more power we have, the better decisions we make, the more opportunities we have and the better we feel about ourselves. That's great but how do we get smarter, like do we have to go back to school? Let me give you three action steps to get smarter this year.

One, you're doing it. Subscribe to a podcast that specifically helps you learn something new. Subscribe to a podcast that maybe relates something you do for your career or something you need to get better at. Maybe it's parenting, maybe it's relationships, maybe it's online marketing, maybe it's your health, your nutrition but subscribe to a podcast. It’s free. You already love them or you won't be listening to my show. I mean it's difficult for me to tell you to subscribe to somebody else's podcast because I know you have a limited amount of time.

So if you'd like to just say, “Hey, I already got number one done. I’m already subscribed to the Chalene Show.” That's cool but if you're really seriously interested and just becoming smarter in a particular area, do a search on ITunes for just about any category, any title, any subject and you will find podcast. Maybe from a variety of host on the subject that makes you smarter.

Your number two action step is go back to school legitimately. Go back to school and do it in a way that supports your lifestyle. I'm not suggesting that you have to go back to the community college or enroll in live classes but you could do that. That would be totally cool. What I'm suggesting you're looking too because I love it myself is online learning.

Subscribe to an online academy. It's how I learn to do my first business launch like when I transitioned from basically fitness into learning how to teach other people what it is I was doing, how to market their business, understanding social media and being able to reach more people like you. I have to learn how to do that.

I always knew that there was a lot more I wanted to teach and share with people other than fitness--quite frankly and the truth is for me to say this before, I'm not really sure how I ended up in fitness except I learned how to make it really fun and effective for people and whenever I solve my own problem, I typically share with other people and that's provided to really fantastic living for me, almost my entire life.

That's exactly what I needed to do when I realized I've got to teach other people how to take their product, their information, their gifts, their purpose, their passion and market them, create an income by sharing them online because it's 2015.

It is crazy how easy it is to start a business. I mean for like five bucks, you can start a website, have a design, have it up tomorrow. You don't have to develop a business plan or get investors. You just need a really great idea and by the end of the week, you can be making extra income and I wanted to teach people how to do that because I've done it myself.

So, one of the things that I subscribe too was an online academy. I needed ton of them. I do an online academy for something I’m trying to learn. I do one every other month at a minimum. Some of the most valuable ones I've ever done are Jeff Walkers, Product Launch Formula.

He is really the person I turned to, to learn how to do those four part videos series that we used to launch our programs like the Marketing Impact Academy, Smart Success and other programs. Many of the guests and experts that you've heard on the Chalene Show offer academies.

You heard Mark Sisson? He's the creator of the Primal Blueprint. He offers a nutritional certification online. How cool to have that kind of knowledge or J.J. Virgin and going through her online academy understanding the impact that sugar has on your body. Maybe it's social media going through Natalie Jill's program called Pinfinity, understanding how to use Pinterest to blast your business.

There is anything you could possibly want to learn. Somebody is teaching it online for you. Knowledge gives us confidence, knowledge gives us purpose and makes us feel alive when our brains get bigger, when our brains get smarter when we learn new things, we feel alive.

Number three: Again, I want to pull out your phone. It’s probably what you're listening to this on right now and I want to hit you pause and create a schedule, three times a week where you will spend 30 minutes getting smarter. I mean, how easy should that be? It should be quite simple. Some things that I recommend for you to do is to use your time that you're spending getting ready in the morning while fellows, while shaving, ladies, while you're putting your makeup or blow-drying your hair, just getting ready for the day. Use that time to get smarter. That's when you should be listening to podcast or audio training or listening to books on tape that makes you smarter.

Another great time to schedule this is any time where you would be doing physical activity like taking a walk, time on the treadmill, cleaning the house, walking the dogs, all of these things were it’s a mindless physical action but at the same time, your brain can be stimulated by learning something new.

Now, if you don't put it in your calendar, you and I both know it won't happen. You’ll end up listening to music or just letting your mind wander or letting the TV playing the background. Think about it. If just three days a week, you spent specified time that's on your calendar to remind you, it was there to remind you, this is time where I get smarter. This is time where I build my confidence, I learn new things and my life improves.

As important as this is to me, I still forget sometimes. And that's why I am such a big fan of making sure it goes on your calendar. Not only do I put it on my calendar, but I also have a notification that comes to my phone in a form of a text message. It's like double reinforcement. I have a secondary layer of accountability. It comes on a form of a text message. I have blocks of time, there's schedule in certain days of the week for certain activities. One of which is getting smarter.

I listen so many podcast, books on tape and as I've just explained to you online academies. What I do is I use a website; you're going to love this one. It's called "If This Than That". IFTTT.com. It's the coolest website ever but it's like Pinterest where you can get lost there by going, “Wow, there are so many possibilities.” So just briefly let me explain how it works.

You create a little recipe, so you can say if it is two o'clock on Thursday, then you decide what you want then to be. For this particular example, you will set a day and a time if it is three o'clock on Monday, Wednesday, Friday. Then, text me the following message and you can actually insert the message. As I've said, there's a bazillion different recipes you can create.

For example, if one of my kids do anything in social media, I've set it up so that I get a notification on my phone. Oh, yes, you know. I do because there're teenagers and their brains don't function as well as we'd like them to and I just need to make sure what they're doing is cool. You know what I'm saying?

I have a notification that tells me when they do anything in social media. Another recipe that I've set up is anytime I post something on Facebook or in Twitter, it sends a copy of that to my Evernote account. Now, why would I do that? I do not constantly having to create brand new contempt from scratch. It's automatically storing everything that I create on Evernote which allows me to go back and tweak it slightly to keep that content fresh but not forever having to come up with brand new information.

That's it. That’s it you all. That’s it you have to do. Not only if I'm giving you three life improving habits but I’ve given you three action steps to make sure that these habits are solidified. Leave me a voicemail message. Let me know which of these you promise you're going to do. Keep yourself accountable. Let me know what you thought about this episode.

You can do that by going to my website. Go see a little widget on the far right hand side of your screen. It will say ‘leave a message’ and you just click on that and what it will do is pull up a little recorder where you can record me message and let me know which of these three habits. I hope you can tell all of them. You're going to immediately apply. I love getting these messages. That’s why I want to play for you a couple of the voicemail messages with people feedback on previous episodes.

**Courtney**: Hi Chalene. Hi Brett. This is Courtney from Burbank, Alaska. I wanted to share with you what the Courageous Confidence Club has done for me. I have wanted to be a fitness instructor for more than 20 years and I never had the confidence to do it. However, I finally started teaching turbo fit and I am so in love with the whole experience and I am so deeply grateful to you by helping me find the ways. So thank you, thank you, thank you. Happy New Year!

**Sender 2:** Hi Chalene. I am a 30-day challenge fan and hearing you update us on what we were missing on that push goal almost made me cry. I cannot believe that I was missing that critical piece. I've been doing this 30-day challenge for years and every time, I do your challenge, something amazing happens in my life.

At first, it was just that I started to believe it, I was capable doing greater things and then the next time I did your challenge, I was able to push boundaries that I never pushed before and I found myself dreaming bigger and accomplishing bigger things each time. I am so excited to go through the 30-day challenge one more time with this new piece of information and to see what I can do even more.

Thank you for adding this to all the things you've shared with us. I am excited to see where it takes me.

**Chalene**: Cool. So keep those messages coming. I love it. By the way, I have to thank you because I’ve had a ton of reviews last week. Thank you so much for those reviews and made a huge difference, my show bumped like number 35 in the health category all the way up to number 2. The only person that was above me is that guy that does the sex show. I’m sure it's really good because he's always number one or number two every week but I'm just too much of a prude to listen.

I can't even read *50 shades of Grey*. I just feel like my mom would know that I’ve read it. She’ll see it on my face or something. I know I'm a total prude. I should probably listen to the show.

But anyways, thanks for helping me rank as high as we did this week. That is because of you, you all. I love you. If I could just grab your face right now, pinch your cheeks and kiss your cheeks, I would. Here's a virtual kiss. Mwah! Love yah! I mean it.

**[END OF RECORDING]**