

Built to Serve . . . with a Healthy Habit Foundation

The W's: Who & What? Why and hoW?

Men of His Word -- Oshkosh
February 17, 2023

My Goal for us

that we bring the same energy and
passion to serving others at age 77
or _7 as we do now!

This takes healthy habits!

This takes the Lord!

→ Your goal is . . .

Plan and Expectations

The Plan

- Habits 101: Who and What
- Habits 101: Why and How
- Keystone habits
- **Choosing your keystone habit**
- More HOW: Habits Practice
- Practice for the next 90 days
- Habit stack on your keystone!

The Expectations

- Be honest and vulnerable
- **Identify and commit to at least one keystone habit**

The KEY Take-away – Your Keystone Habit

A keystone habit has three main characteristics:

1. These habits are small and easy.
2. They provide a tremendous impact on overall performance.
3. They lead to the development of other positive habits.

A keystone habit has the power to start a chain reaction. Keystone habits are important because they help other habits flourish by creating small wins. Keystone habits start a process that, over time, transforms everything.



Habits 101: **What** is a Habit?

According to researchers at [Duke University](#), habits account for about **? 40** percent of our behaviors on any given day. (30, 40, 70)

“Simply put, a habit is a behavior that starts as a choice, and then becomes a nearly unconscious pattern.”

— Charles Duhigg (*The Power of Habit*)

“Habits are the small decisions you make and actions you perform every day.”

— James Clear (*Atomic Habits*)

→ **Your definition of a habit:**

Who has habits? Healthy and Unhealthy Habits

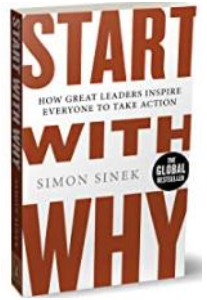
■ We all have good and healthy habits

■ We also have unhealthy habits

Healthy Habit	Benefit	Unhealthy Habit	Damage

- ❑ Complete
- ❑ Turn to an elbow partner
- ❑ Discuss

WHY habits? Scriptural encouragement



- Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things**. Whatever you have learned, or received, or heard from me, or seen in me—**put it into practice**. And the God of peace will be with you. Philippians 4:8-9

“But Jesus often withdrew to lonely places and prayed.” -Luke 5:16

“As was his custom, Paul went into the synagogue, and on three Sabbath days he reasoned with them from the Scriptures” -Acts 17:2

“This has been my practice: I obey your precepts.” -Psalm 119:56

WHY habits: Scripture → habits/self-discipline

■ For this reason I remind you to **fan into flame** the gift of God, which is in you through the laying on of my hands. **For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.** (II Timothy 1:6)

- ▶ Fan into flames the gift of God (active fire)
- ▶ Develop your **self-discipline**
- ▶ NOW for now -- and NOW for later

WHY Habits? They Reduce Daily Decisions

1500/day; 3/minute

Leaders make ? decisions per day -- minimum (? per minute)

“At the heart of habit is the brilliance of our Creator. Making decisions takes time and energy, and habits **keep us from having to make the same decisions over and over again**”

-David Mathis (*The Gospel Coalition*)

“I concluded that the real key to habits is decision making—or, more accurately, **the lack of decision making**”

-Gretchen Rubin (*Better than Before*)

“Habits can lead to mastery which then **frees up your mind to work on other fine details.**”

-James Clear (*Atomic Habits*)

Non-Negotiable Automaticity

WHY Habits? They Create Freedom

■ Habits do not restrict freedom. They create it.

In fact, the people who don't have their habits handled are often the ones with *least* amount of freedom... If you're always being forced to make decisions about simple tasks—when should I work out, where do I go to write, when do I pay the bills—then you have less time for freedom.

It's only by making the fundamentals of life easier that you can create the mental space needed for free thinking and creativity. (p. 46-47 Atomic Habits)

WHY Habits? They Influence our Character

- We are what we repeatedly do. **Excellence, then, is not an act, but a habit.** – Will Durant
- **Our habits greatly impact our character.** "Sow a thought, reap an action; **sow an action, reap a habit; sow a habit, reap a character;** sow a character, reap a destiny," the maxim goes.

WHY Habits?

They provide a system to achieve your goals

A habit is the entry point toward achieving the goal.



VS.



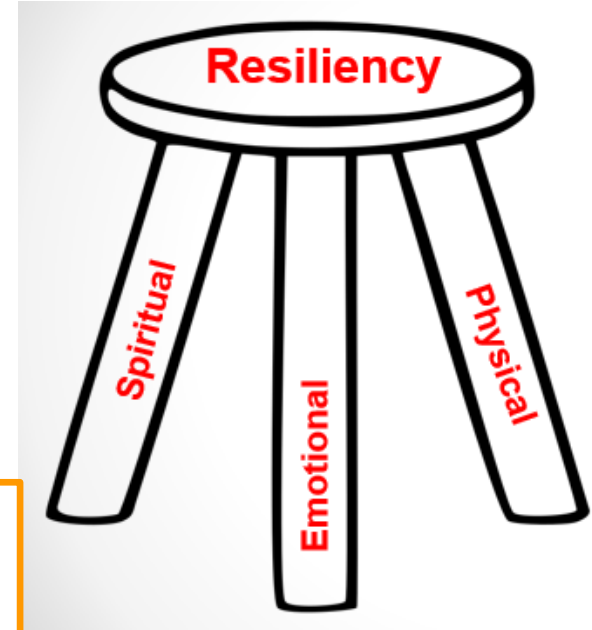
Goals determine the target.

“Goals are good for setting a direction, but systems (habits) are best for making progress.” -James Clear

WHY Habits? They Build Our Resilience

- **Resilience** -- A human ability to **recover quickly from disruptive change or misfortune** without being overwhelmed or acting in a dysfunctional or harmful way.

→ The Why: The most significant benefit(s) of healthy habits for me = _____

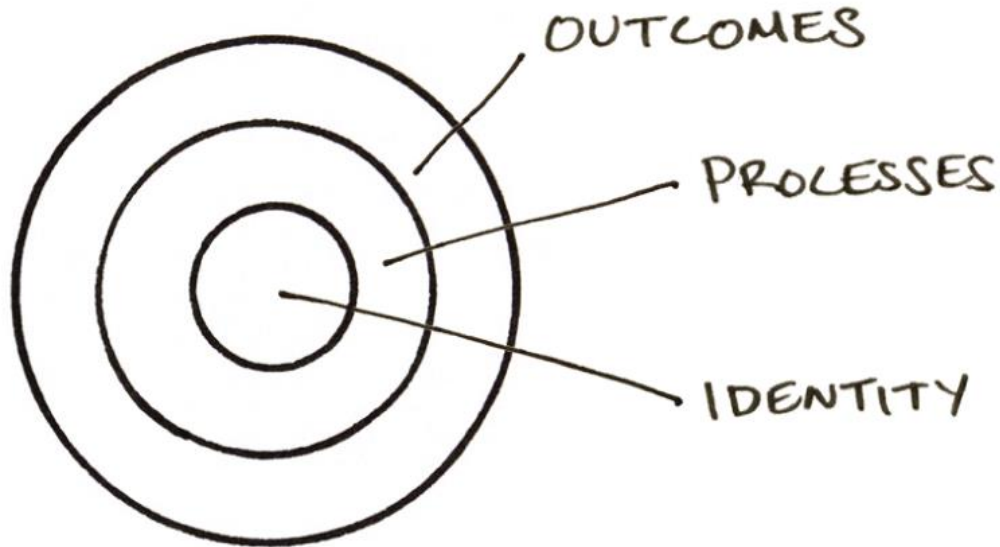


HOW to build healthy habits: Start With Your Identity!

Outcomes are about what you want to achieve (goals).

Processes are about what you do (habits).

Identity is about who you want to be.



**My habit is not using my phone
while I drive.**

**I put my phone in a zipped
pocket when I drive.**

**I am a Christian who cares
about other people's safety.**

HOW?

Remember Our Identity Begins with God

“But **you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him** who called you out of darkness into his wonderful light.”
-1 Peter 2:9

“See what great love the Father has lavished on us, that **we should be called children of God!** And that is what we are!” -1 John 3:1

4 Rs

Redeemed
Respected/Respectful
Responsible
Resourceful
(+Resilient)

“No, in all these things we are **more than conquerors** through him who loved us.”
-Romans 8:37

Aggregation of Marginal Gains

■ 1% Improvement

■ 1% Decline

Direction, not perfection!



Time —————>

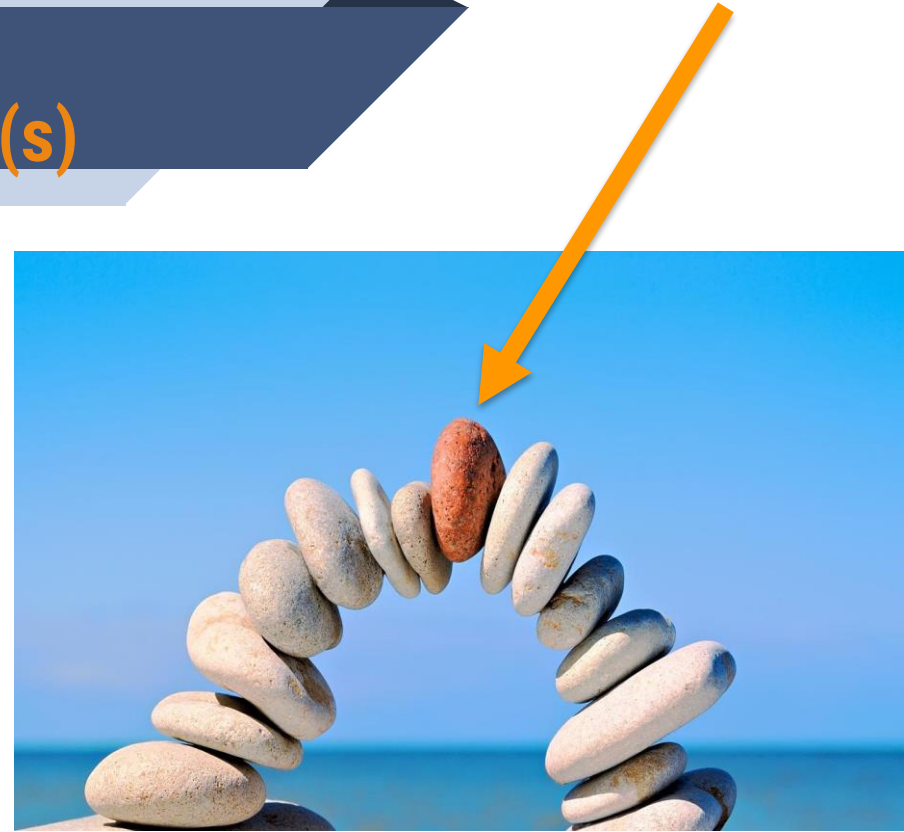
The effects of small habits compound over time. For example, if you can get just 1% better each day, you'll end up with results that are nearly 37 times better after one year. (Atomic Habits)

The KEY Take-away – Your Keystone Habit(s)

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Keystone Habits in My Live

- Daily Planning and Solitude time
- Time that incorporates key resilience habits
- Regular personal and shared time in the Word and prayer
- Morning and evening routines

[illegible]

Let me introduce Renee Schmill

- Keystone Habit: Grow her musical skills
 - ▷ Lakeshore Wind Ensemble
 - ▷ Lakeshore Big Band
 - ▷ Pit orchestras
 - ▷ Chicago, Madison Band Conf.
 - ▷ Adult Band Camps
- Impact?



Let me introduce Noah Panzer

Keysto

▷ No

▷ Mo

▷ Th

Impact

▷ Students

▷ Life



Focus on Faith and Fitness Program

Prioritizing a healthy life in our WELS Schools

Training mind, body, and soul



You and your keystone habit!

Your plan for your keystone habit?

- **Small and easy**
- **Provide a tremendous impact on overall performance.**
- **Lead to the development of other positive habits.**

Examples of Keystone Habits



- Evening and/or Morning routine
- Start and End Day with the Word & Prayer
- Plan your day every day (week, month)
- Exercise 3 times/week
- Scripture before phone
- Weekly worship and ongoing Bible study
- Food journaling
- Get sufficient sleep and rest
- Fast from something for 24 hours
- Live according to the 4 R's
- Greet others always
- Read __ professional books/year

You and your keystone habit!

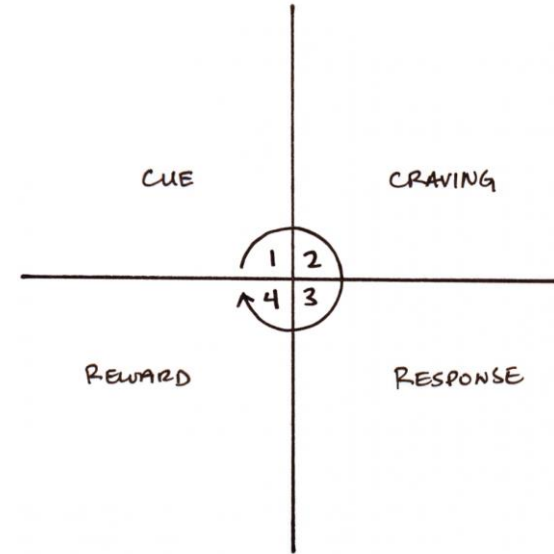
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HOW? – Consider The Science of Habits

THE HABIT LOOP

1. “The **CUE** triggers your brain to initiate a behavior.” (You see your toothbrush by your bathroom sink.)
2. “**CRAVINGS** are the motivational force behind every habit.” (You crave the feeling of a clean mouth.)
3. “The **RESPONSE** is the actual habit you perform in thought, word, or action.” (You brush your teeth.)
4. “**REWARDS** are the end goal of every habit.” (Brushing your teeth leaves your mouth feeling good!)



HOW? – Consider The Four Laws of Behavior Change

To Build a Good Habit	To Break a Bad Habit
1. Make it obvious (cue)	1. Make it invisible (cue)
2. Make it attractive (craving)	2. Make it unattractive (craving)
3. Make it easy (response)	3. Make it difficult (response)
4. Make it satisfying (reward)	4. Make it unsatisfying (reward)

HOW? Let's Practice!

Create a Healthy “H-Habit			Break an Unhealthy U-Habit	
	H-Habit			U-Habit
	Start day with devotion			Too much cell phone at bedtime
Make it obvious	Devotion book by bedside;		Make it invisible	Keep phone far away from bedside
Make it attractive	Listen to a devotion on your Echo		Make it unattractive	Black and white screen
Make it easy	Ask Alexa to start; morning routine		Make it difficult	Use an App timer
Make it satisfying	Journal it; Share it; apply it to today		Make it unsatisfying	Don't update phone; complain about ads; don't download apps

Let's practice . . .

Create Healthy "H-Habits"			Defeating Unhealthy "U-Habits"		
	Keystone Habit	H-Habit 2		U-Habit 1	U-Habit 2
Cue – Make it obvious			Cue – Make it invisible		
Craving – Make it attractive –			Craving – Make it unattractive		
Response – Make it easy			Response – Make it difficult		
Reward – Make it satisfying			Reward – Make it unsatisfying		

S.T.A.R.T.

S.T.A.R.T. =
Schedule
The
Action
Required
Today



Moving FORWARD!

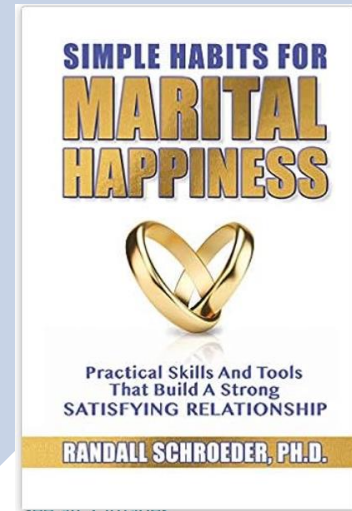
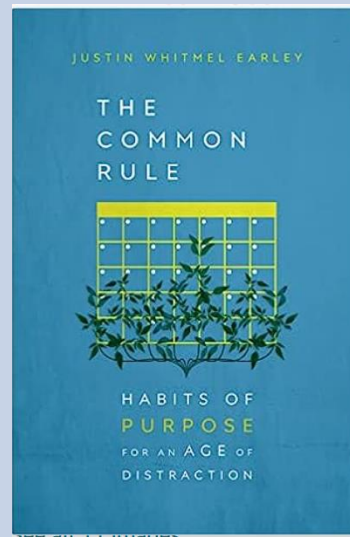
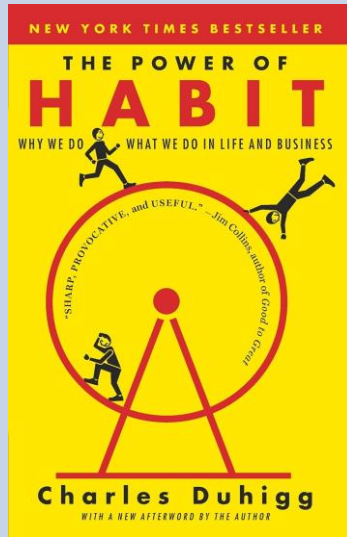
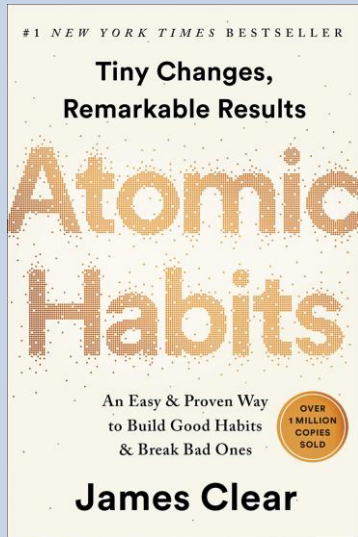
1. Record & share your Keystone Habit
2. Lock in your Keystone Habit(s) for 90 days
3. Habit stack . . .
4. Find an Encourager
5. Be an Encourager
6. And . . .



Be encouraged!!

God's power is at work in me, by which he is able to do exceedingly more than all I ask or imagine. And I will give him glory forever. Ephesians 3:20-21

Let's see what God will do with your Keystone Habit!



Power of Habit

Fill your life with healthy habits.