

Victory Performance Consulting

Helping good people change the world.



ACHIEVING YOUR DESTINY

How to Make or Break the Habits That Will Make or Break You

Destiny is not a mystery, it's the result of your everyday habits! Those habits create your future. Over time, positive and negative patterns of behavior either enable or prevent you from achieving the things you desire most in life, such as personal health and wellbeing, financial freedom, fulfilling relationships, loving homes, career success, and much more. The good news is that this program will help you master the constructive habits you need to live a completely different life. Want to achieve your destiny? This program will help you do it!

Format and Duration:

- Online (worldwide) or onsite (Americas, Europe, Asia); 4 hours

Learning Objectives:

- Interrupt prompts, patterns, and prizes of counterproductive habits.
- Respond to the world around you with a more productive mindset and attitude by shifting and fixing your focus.
- Apply commitment devices, decision architecture, and other behavioral psychology to break bad habits and create good ones.
- Apply habit switching, chain breaking, habit stacking, and other techniques to break bad habits and create good ones.

Leadership Competencies:

- Emotional and social intelligence
- Physical, mental, emotional, spiritual, and relational wellbeing

Fields of Study:

- Personal / professional development
- Social environment of business