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“When nothing seems to help, I go and look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that last blow that did it—but all that had gone before.”

– James Clear

Ask yourself:

- What is one thing, or habit, that you want to let go of, but are struggling to?
- What does having this habit (person/behaviour) give you for keeping it?
 - Really think deeply about this - you are holding on to it for a reason, there is a payoff, what is it/are they? List them out.

Suggestion: Use these as journaling prompts for this week.

Ponder This:

We keep unhealthy habits not because we want to, but because we unconsciously believe that they give us something that we want. When you can see what that payoff, or *deeper desire* is, you are then able to release it from the unhealthy habit, and consciously go for it, directly.

If your deeper desire is freedom, then what else could you do to give you that sense of freedom? If the deeper desire is fun or enjoyment, what else brings you that sense

of fun? Can you start to do, or incorporate, more of that in your life, instead of the unhealthy habit?

Reflect on this with an open mind and curiosity.

Experiment with:

Look at the payoff/s for having your unwanted habit, and question each of them:

- Are you actually getting what you think you are from this habit?
- If not, then what, more conscious, action (internal or external) could you take to give you your deeper desire/s?
- Start taking these actions!

Remember: Becoming conscious of your unconscious ways of being, and then taking action towards what you truly want, is the key to freedom from them.

Till next time.

Lots of love,

Rachel

PS: For those of you who are curious, or interested in going deeper into this work in a free, zero obligation call with me [here](#), I'd love to support you.

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