



Destiny Architecture

SELF- MASTERY

MASTER THESE
10 HABITS AND BE THE
ARCHITECT OF YOUR OWN
DESTINY

Self-Mastery
Checklist



CHECKLIST

SELF-MASTERY

MASTER THESE
10 HABITS AND BE THE
MASTER OF YOUR WORLD

Top 10 Habits to Master:

1. Meditation
2. Reading / Learning
3. Learn from your mistakes
4. Maintain a vision of the future
5. Eat a healthy diet and engage in regular exercise
6. Control impulses
7. Listen
8. Create a to-do list
9. Be a finisher
10. Get up early (or go to bed early, or prioritize sleep)

3 Components of Every Habit:

1. The Cue (what makes you do it?)
2. The Habit Itself
3. The Reward (Yay! You Did it! This doesn't have to be difficult or cost \$\$)

Steps to Create and Sustain a Habit:

1. Make a list of the habits you'd most like to create
2. Limit yourself to one habit at a time
3. Find a cue that will work for you
4. Start small
5. Build your habit
6. Reward yourself
7. Be persistent, aim for consistency!

Steps to Break a Bad Habit:

1. Limit yourself to one habit at a time
2. Be happy with progress
3. Understand your triggers
4. Interrupt or avoid the cues that trigger your habit
5. When you feel yourself triggered, stop - interrupt the pattern
6. Determine what reward you get from the habit
7. Adopt a new behavior in place of the habit
8. Punish yourself when you indulge in the habit (but don't be negative, just dole out a consequence)
9. Take care of yourself
10. Be persistent