

# HOW TO BUILD CONSTRUCTIVE HABITS

BY EDOUARD GILLES

## EVENT DESCRIPTION

Is your life in a loop? Do you find yourself trying to make progress on your fitness, financial or personal goal and can't seem to get right? Are your habits working for you or against you? If you answered yes to any of these questions, it's time to make a shift and change direction. To shift, it is important to have your habits work for you rather than against you by intentionally creating positive and constructive habits. Learn how to build constructive habits with Holistic Health Coach and Personal Development Speaker, Edouard Gilles. He shares how habits are formed through neuro pathways in our brain and how you can build the neuro strains that shifts your life experience from pain to pleasure. If you have a goal that you are looking to achieve, a major shift you are trying to make or if you are looking to make a holistic transformation, this is the workshop for you.

## LEARNING OBJECTIVES

- The philosophy of building constructive habits
- How to Become the overseer of your life to build constructive habits
- Building new habits through a cue, routine and reward.
- Consciously building scripts for constructive habits
- Implementation Intention- Specifying when and where to apply new habits
- How to make time for new habits
- Overcoming Lack of Motivation
- Getting Back on Track After Getting Off Course
- Designing Your Environment for Success
- Use small habits to build confidence
- How to finally turn the corner and stick to new habit

## CONTACT

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## PREVIOUS WORKSHOP PARTNERS

