

FINISH STRONG 2.0



PAT WARD'S NOTES // APRIL 14-15, 2021

STAYING MENTALLY FIT: RESPONDING TO THE **BURNOUT** SPECTRUM

SHIFTING TIMEFRAMES

WHAT SIMPLE THINGS COULD I DO IN THE LAST SEASON THAT I HAVEN'T DONE UP TO THIS POINT?

SELF-CARE: UPGRADE AND UPDATE

Self Care Activity	Emotional Benefit	Input Energy
Go for a walk	4	1
Go to the Bahamas	10	10

TOLERANCES

THINGS STEALING BANDWIDTH

NEW HABITS

WHAT CAN BE GROWN IN THIS SEASON?

PROCESSING THE PANDEMIC



LET'S NEVER DO THAT AGAIN...AND LEARN ALL WE CAN FROM THE FIRST TIME

3 KEY MEMORIES

FROM MARCH 2020-MARCH 2021

3 NEW EXPERIENCES

3 LOSSES

3 GAINS

2 THINGS I DON'T WANT TO UNLEARN

HABITS FOR
REMEMBERING THEM



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Building and Breaking Habits

Habits are built around...

Cue. A piece of information that suggests there's a reward to be found, like the smell of a cookie or a dark room waiting to light up.

Craving. The motivation to change something to get the reward, like tasting the delicious cookie or being able to see.

Response. Whatever thought or action you need to take to get to the reward.

Reward. The satisfying feeling you get from the change, along with the lesson whether to do it again or not.



Build new habits by...

Making it **obvious**. Don't hide your fruits in your fridge, put them on display front and center.

Making it **attractive**. Start with the fruit you like the most, so you'll actually want to eat one when you see it.

Making it **easy**. Don't create needless friction by focusing on fruits that are hard to peel. Bananas and apples are super easy to eat, for example.

Making it **satisfying**. If you like the fruit you picked, you'll love eating it and feel healthier as a result!

Your New Habits

New Habit	Make it Obvious (Cue)	Make it attractive (Craving)	Make it easy (Response)	Make it satisfying (Reward)

*Borrowed from **Atomic Habits** by James Clear

Building and Breaking Habits

Habits are built around...

Cue. A piece of information that suggests there's a reward to be found, like the smell of a cookie or a dark room waiting to light up.



Break bad habits by...

Making it **invisible**. Put your time-wasting methods in a different part of the house.

Craving. The motivation to change something to get the reward, like tasting the delicious cookie or being able to see.



Making it **unattractive**. Check the Screen Time stats every week to see how much time has been wasted.

Response. Whatever thought or action you need to take to get to the reward.



Making it **hard**. Block time-wasting websites on your phone. Make yourself work to access them.

Reward. The satisfying feeling you get from the change, along with the lesson whether to do it again or not.



Making it **unsatisfying**. Delay gratification until the connection is lost.

Your Old Habits

New Habit	Make it Invisible (Cue)	Make it unattractive (Craving)	Make it hard (Response)	Make it unsatisfying (Reward)

*Borrowed from **Atomic Habits** by James Clear

THE SUNDAY NIGHT



RUN DOWN

YOU'LL ONLY LIVE THIS WEEK ONCE. MAKE IT AWESOME.

☐ THE CALENDAR

- ☐ **BIG STUFF**
- ☐ **WEEKNIGHTS**
- ☐ **DINNERS**
- ☐ **CHILDCARE**
- ☐ **THE WEEKEND**
- ☐ **FUN**
- ☐ **CHORES** (*GRASS, GROCERIES, ETC.*)
- ☐ **CONNECTION** (DATE NIGHT, NETFLIX, CHILL)
- ☐ **MARGIN** (WHERE'S THE BREATHING ROOM?)
- ☐ **ANYTHING WE SHOULD BAIL ON?**
- ☐ **COMING UP** (BIG STUFF IN THE NEXT MONTH)

☐ THE FINANCES

- ☐ ANY SURPRISES LAST WEEK?
- ☐ BIG EXPENSES THIS WEEK?
- ☐ HOW'S OUR BUDGET LOOKING?

☐ THE CHECK-IN

- ☐ WHAT WAS THE BEST PART OF LAST WEEK?
- ☐ WHAT WAS THE WORST PART OF LAST WEEK?
- ☐ HOW DO YOU WANT TO GROW THIS WEEK?
- ☐ ANYTHING ELSE WE NEED TO TALK ABOUT?

☐ CELEBRATE

YOU JUST DID SOME MAJOR ADULTING AND SET YOUR FAMILY UP FOR A GREAT WEEK. GO CRAZY AND TREAT YOURSELF ON A SUNDAY NIGHT.



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MON

TUE

WED

THUR

FRI

SAT

SUN

SUNDAY RUNDOWN

BUSY FAMILIES LIVE BUSY LIVES.
IF YOU DON'T ORDER YOUR WEEK, YOUR WEEK WILL ORDER YOU.

HOW TO USE THE SUNDAY RUNDOWN:

TAKE 20 MINUTES OUT OF YOUR SUNDAY TO TAKE A LOOK AT THE WEEK AHEAD. PRINT OFF A COPY OF THE SUNDAY RUNDOWN TO GIVE ORDER TO YOUR ORDERING.

THIS EXERCISE WILL BE AWKWARD AT FIRST, SO MAKE A COMMITMENT TO TRY IT FOR ONE MONTH WORTH OF SUNDAYS.

BREAK OUT THE CALENDARS

WHATEVER CALENDARING FORMAT YOU USE, BRING IT TO THE TABLE. IF YOU DON'T HAVE ONE, USE THE WEEK GRID AT THE BOTTOM.

SPEND SOME TIME FINDING ALIGNMENT AND LOOKING FOR WAYS TO ELBOW OUT ROOM FOR THE MOST IMPORTANT THINGS. IF WE DON'T SCHEDULE THE THINGS THAT GIVE US THE MOST LIFE, WE WILL PUT THEM OFF FOR ANOTHER WEEK.

PEEK AT YOUR FINANCES

TAKING WEEKLY GLANCES AT YOUR FINANCIAL PICTURE WILL HELP YOU STAY ON TRACK, KEEP UP WITH YOUR GOALS, AND - SURPRISINGLY - BUILD A SENSE OF INTIMACY IN ONE OF THE MOST COMMON RESENTMENT TRAPS A RELATIONSHIP CAN FALL INTO.

IF THESE QUESTIONS TRIP YOU UP, CONSIDER GROWING YOUR FINANCIAL KNOWLEDGE THROUGH DAVE RAMSEY'S "TOTAL MONEY MAKEOVER".

CHECK IN WITH THE ONE YOU LOVE

SPEND A FEW MINUTES TALKING ABOUT THE IMPORTANT STUFF BEFORE ANOTHER WEEK OF RUNNING BEGINS. THIS MEETING TIME CAN BECOME A NEUTRAL ARENA FOR HONESTY TO BE EXPRESSED AND RESPONDED TO. GIVE YOURSELF EXTRA TIME TO TALK OVER ANYTHING THAT COMES UP DURING THE CHECK-IN.

CELEBRATE

START YOUR WEEK WELL BY CELEBRATING THE WORK YOU'VE JUST DONE. IT WON'T JUST MAKE LIFE A LITTLE BRIGHTER, IT WILL ALSO MOTIVATE YOU TO COME BACK TO THE RUNDOWN 7 DAYS FROM NOW.