

Module 4: Course Correct for Life

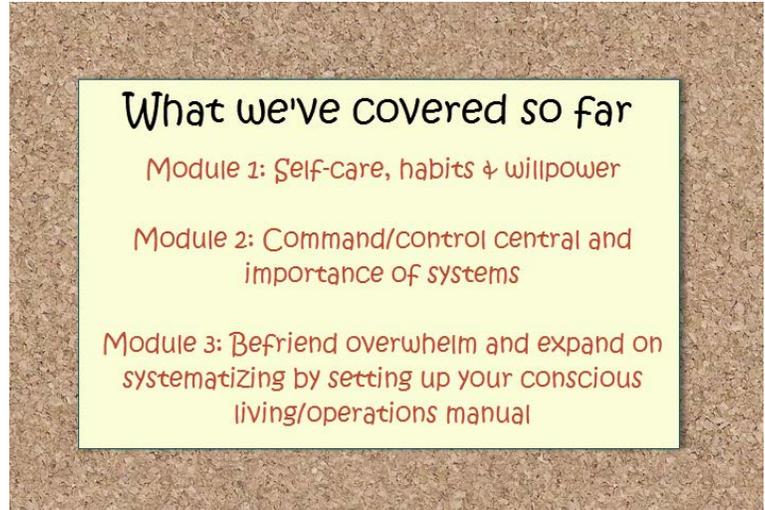
Hi – Shari Beaudette here with SPA Time Living and welcome to Module 4 – the final module in our Stress-Free Productivity Formula Training program. So, **here's what we've covered so far:**

Module 1: we covered Self-care strategy, habits & willpower

Module 2: was all about creating a command/control central and the importance of systems

Module 3: helped you to befriend overwhelm and expand on systematizing.... by setting up your conscious living/operations manual

Module 4: I'm going to be giving you the tools & keystone habits to help you stay on track and be able to course correct for life



This section really brings it all together – giving you a... “toolbox” for obstacles that might come up or are currently blocking your productivity & wellbeing.

You'll be getting 25 success rituals based on "Keystone Habits

As you learned in module 1, most of the choices we make each day may **feel** like the products of well-considered decision making, but they're actually **just habits**...

What I learned from Charles Duhig – author of **The Power of Habit** is that “while each habit means relatively little on its **own**, over **time**things like... the meals we choose, what we say to our kids each night, how often we exercise and what we say to ourselves - these patterns or habits all have **enormous** impacts on our health, productivity, financial security, and happiness.



"Keystone Habits" –patterns or habits that have the power to start a chain reaction, changing other habits and transforming lives and organizations in the process.

We also discussed back at the beginning of the program that the core of every habit is a neurological loop which includes a cue or trigger, a routine, and a reward.

I had you choose a couple habits to work on during our month together so you had a point of reference for what I've been teaching you and I **hope** you've had the opportunity to implement and track your habits **AND** that you've been kind and compassionate with yourself along the way. We've added a lot since module ONEAND I know you're super busy juggling **everything else** in your life too.

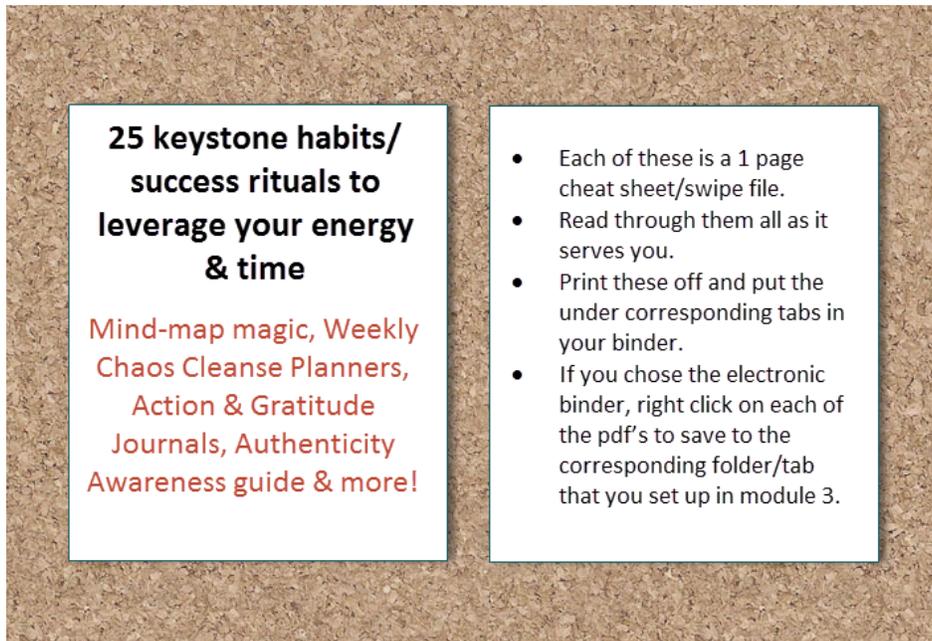
So- I hope you've been implementing and **celebrating** your baby steps as you've started to

create and **build** the healthy habits that boost your productivity!

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And as we wrap up now, I want to share with you... **the keystone habits** and personal success rituals –to help you stay positive, engaged and inspired even **when you do** find yourself off track - which you will on occasion. My hope is that I've given you the tools and training to quickly get back on track and feel supported.

I've identified 25 rituals based on keystone habits that I've **researched and implemented**....patterns that set you up for success and provide the structure for **other healthy habits** to flourish.



Each of these is a 1 page cheat sheet or swipe file

What I'd like you to do is print these off and put the under the corresponding tabs in your binder.

If you chose the electronic binder, you can right click on each of the PDF's to save to the corresponding folder/tab that you set up in module 3.

And read through each of them - as it serves you. Some will resonate more than others. So Pick and choose.

And obviously your best bet is to try one at a time vs. doing all of these at once.

I know you're going to get a ton of actionable tips and value – so make sure to comment and let me know what you love most or what questions you have as you go through these.

So, **that's** it for module 4!! And I want to take a minute now to thank you. I'm so happy and honored that you chose to participate in the Stress free productivity formula.

I know it can be so hard to make time for yourself but hopefully you realize now...that doing so impacts everyone around you. A healthy, happy organized and productive **you** rubs off on each and every person you come in contact with!

So make sure you continue the journey, set the example for your family, friends, colleagues and communities. And if you need further support – I'm here for you too.

My mission is to support you and help you **thrive** by making sure you're cleansing the mental, physical & emotional clutter **and instilling the habits to continually** renew your energy and productivity. I'd love to hear from you with your questions, comments and feedback so drop me a note at shari@spatimeliving.com. So have an amazing journeyand stay in touch - sending you light love and stress-free productivity....bye for now!