



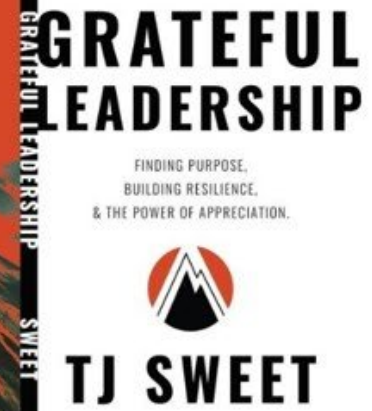
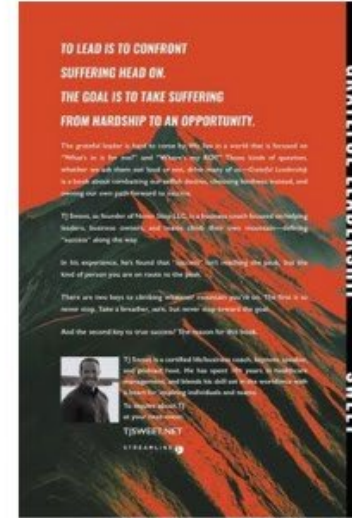
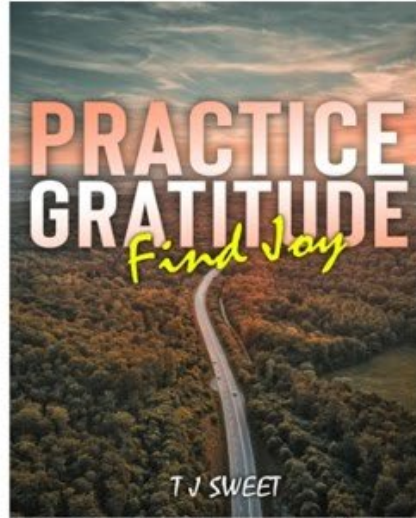
Building Habits for Success: Empowering Healthcare Finance Leaders Through Intentional Action

Exploring the transformative power of intentionally building habits to drive personal and organizational success.



Learning objectives

1. Understand the Science of Habit Formation
2. Identify Strategies to Develop Habits that Enhance Leadership and Team Performance
3. Develop a Personal Action Plan to Overcome Obstacles and Maintain Consistency



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Apple Podcasts Preview



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OCT 17, 2022
7 steps to a new mindset

I walk you through the 7 steps that I went through to start reshaping my mindset. It's the foundation of my coaching program called The Gratitude Academy. --- Support this podcast: <https://anchor.fm/tj-sweet/support>

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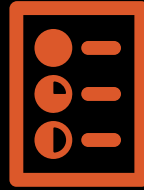
26 episodes

Session Overview



The science behind habit formation

Explore how the brain's habit loop (cue, routine, reward) drives behavior and how neuroleadership principles can enhance habit development.



Practical strategies to build habits

Learn actionable techniques like the 1% rule, habit stacking, and Mel Robbins' High 5 Habits to create habits that elevate your leadership.



Overcoming obstacles to habit formation

Identify and address common barriers to habit building, such as lack of time and motivation, using environmental cues and accountability systems.



The organizational impact of intentional habits

Discover how your personal habits as a leader can influence your team's performance and drive long-term success for the entire organization.

By the end of this session, you'll have three powerful, actionable ways to start developing and maintaining habits that will lead to personal success and make you a more effective healthcare finance leader.



The Science of Habit Formation

Understanding how habits work is crucial for developing effective leadership behaviors. At the core of every habit is the habit loop, comprising three key elements: the cue, the routine, and the reward.



The Science of Habit Formation

Neuroscience reveals that our brains are wired for efficiency, as they love habits that save mental energy. This is where the field of neuroleadership comes into play, applying neuroscience to improve leadership performance.

Practical Strategies for Building and Maintaining Habits

- The Power of Small Steps

The '1% rule' - focus on getting just 1% better every day. Small, consistent changes can compound over time to create significant results.

Practical Strategies for Building and Maintaining Habits

- Habit Stacking

Link new habits to existing routines. For example, after your morning financial review, immediately follow it with a quick team huddle or strategic reflection.

Practical Strategies for Building and Maintaining Habits

- Maintaining habits

Plan for the good days and the days that don't go as planned. Find joy in sustaining a habit, not just starting one. If you're tired of starting over, then just don't stop in the first place.

Face your barriers

Common Barriers to Habit Formation

Forming new habits isn't easy. Time is tight, motivation comes and goes, and sometimes it feels like there are just too many competing priorities.

Cues

Use Environmental Cues to Your Advantage

Design your environment to support your habits. Use reminders, calendar blocks, and other triggers to make desired behaviors easy and automatic.

Discipline

Staying Motivated When You Hit Roadblocks

Use small, physical cues like a self-administered 'high five' to overcome resistance and break through mental barriers on tough days.

Progress

Focus on Progress, Not Perfection

If you miss a day, don't let it derail you. Get back on track as quickly as possible. Missing once is an accident, missing twice is the start of a new habit.



GROUP ACTIVITY

Overcoming Obstacles and Staying Motivated

Common Barriers to Habit Formation

Forming new habits isn't easy. Time is tight, motivation comes and goes, and sometimes it feels like there are just too many competing priorities.

Use Environmental Cues to Your Advantage

Design your environment to support your habits. Use reminders, calendar blocks, and other triggers to make desired behaviors easy and automatic.

Staying Motivated When You Hit Roadblocks

Use small, physical cues like a self-administered 'high five' to overcome resistance and break through mental barriers on tough days.

Focus on Progress, Not Perfection

If you miss a day, don't let it derail you. Get back on track as quickly as possible. Missing once is an accident, missing twice is the start of a new habit.

How Intentional Habits Enhance Leadership and Organizational Performance

Improved Team Engagement

Enhanced Strategic Decision-Making

Faster Organizational Adaptability

Stronger Culture of Continuous Improvement

Three Impactful Ways to Develop and Maintain Habits

- Start Small with Daily Wins

Practice gratitude

Make your bed

Meditate

Give yourself a high-five

Create a small win when you walk in your office

Three Impactful Ways to Develop and Maintain Habits

- Create Environment Cues for Success

Use your environment as a trigger for good habits.

Stack new habits on top of existing routines.

Think of your future self and consider your needs

Three Impactful Ways to Develop and Maintain Habits

- Leverage Accountability and Feedback

Build a system of accountability within your team.

Share your habits with a peer or mentor, and create a feedback loop that encourages growth.

Check on each other each quarter

**“We are what we repeatedly do. Excellence,
then, is not an act, but a habit.”**

ARISTOTLE

Questions?

