

WHAT DO YOU WANT YOUR LEGACY TO BE

“Don’t judge each day by the harvest you reap but by the seeds that you plant”.

- Robert Stevenson

Habits are tricky and subtle. Our actions add up and determine the place that we end up. We don’t often take a step back and think of the big picture, but each day, with our actions we are creating our legacy. And we are determining what our potential will be in sport and life. So let’s choose to act wisely.

James Clear wrote a book called ‘*Atomic Habits*’. In this book he discussed 4 laws for developing the habits you want.

1. **MAKE IT OBVIOUS.** When you want to establish a new habit, be specific about when you will do it, where you will do it, and what you will do. Attach the new habit to something you already do consistently. For example, if you want to grow your mindfulness, state that I am going to do mindfulness on Monday mornings for two minutes at home right after I brush my teeth.
2. **MAKE IT ATTRACTIVE.** Attach the new habit to something you like to do already. For example, if you want to read a book that you know will help you get better; read one chapter before you let yourself watch your favorite show.
3. **MAKE IT EASY.** Make it easy to accomplish your task and chunk it so that you can accomplish it in less than two minutes. Don’t expect yourself to make major changes all at once. If you want to start to use imagery, do it for one-minute as you stretch and are getting ready for practice.
4. **MAKE IT SATISFYING.** Keep track of your habits that you are doing and try to do it daily. If you miss one day, commit to never missing two days in a row. Reinforce yourself for doing it, celebrate the process of doing it. Have fun.

Every action you take determines who you become. Habits are powerful, they work on the principles of compound interest. Invest in you. Establish good habits. Live your legacy each day by the actions you take.