



# *Passion for Life Coaching, LLC*

*Making Deliberate Choices for a Fulfilling Life*

Newsletter by Suzette Langley, Life Coach and MSW

## **Falling Back**

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Fall back – a term usually applied to the day we set our clocks back and revel in that extra hour of glorious sleep. Along with the shorter hours of daylight, people tuck into their homes instead of being outside. Leaves fall to the ground. And, sometimes, we fall back into less than desirable patterns and behaviors.

Recently, I found myself falling back into a habit of sleeping in instead of rising to workout. This old pattern really wrecks havoc on my schedule and attitude! Admittedly, I never feel like waking up. And, I find it easier to rise to warm temperatures and sunshine than darkness and chilly air. (I swear I can hear my blankets calling me to stay warm and snuggle in!) When I skip my morning workout, I notice I feel less energetic. Then, later in the day, guilt strikes and I scramble my schedule, attempting to fit in some activity, which makes me feel guiltier for ignoring work.

In listening to friends and clients, I know I am not alone in falling back. Several stories have come my way in the past few weeks about lost momentum, decreased motivation, stalled progress, and resurfacing old habits. Each storyteller expresses frustration, annoyance, irritation, and discontent.

So how do you spring forward when the world seems to be falling back into some form of hibernation? The authors of the book *Influencer* suggest focusing on vital behaviors -key specific, behaviors that initiate a flood of change. In other words, you do not need to tackle every behavior you have regressed on, just the ones that have the highest impact. In my case, the specific behavior is sitting up and putting my feet on the floor when the alarm goes off. Once this behavior is accomplished, the workout flows naturally because I am awake.

To identify your vital behavior(s), consider this question - when you are at your best, what unique behaviors make a difference? Research shows that even adverse activities and behaviors, like waking up in the morning, can be made engaging when the goal provides clear, frequent feedback. For me, the benefits of waking up early outweigh staying in bed as I consider my attitude, productivity, and mental alertness the rest of the day. Sometimes I lose sight of this and the vital behavior of just getting my eyes open and feet on the floor slips away.

If you have found yourself stalled out and falling back, what vital behavior(s) can you perform that will move you naturally towards your goals?

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