

The Ultimate Guide to Reinventing Yourself; Even If You Have Only Two Minutes a Day



Sometimes the simplest methods yield the most impressive results.

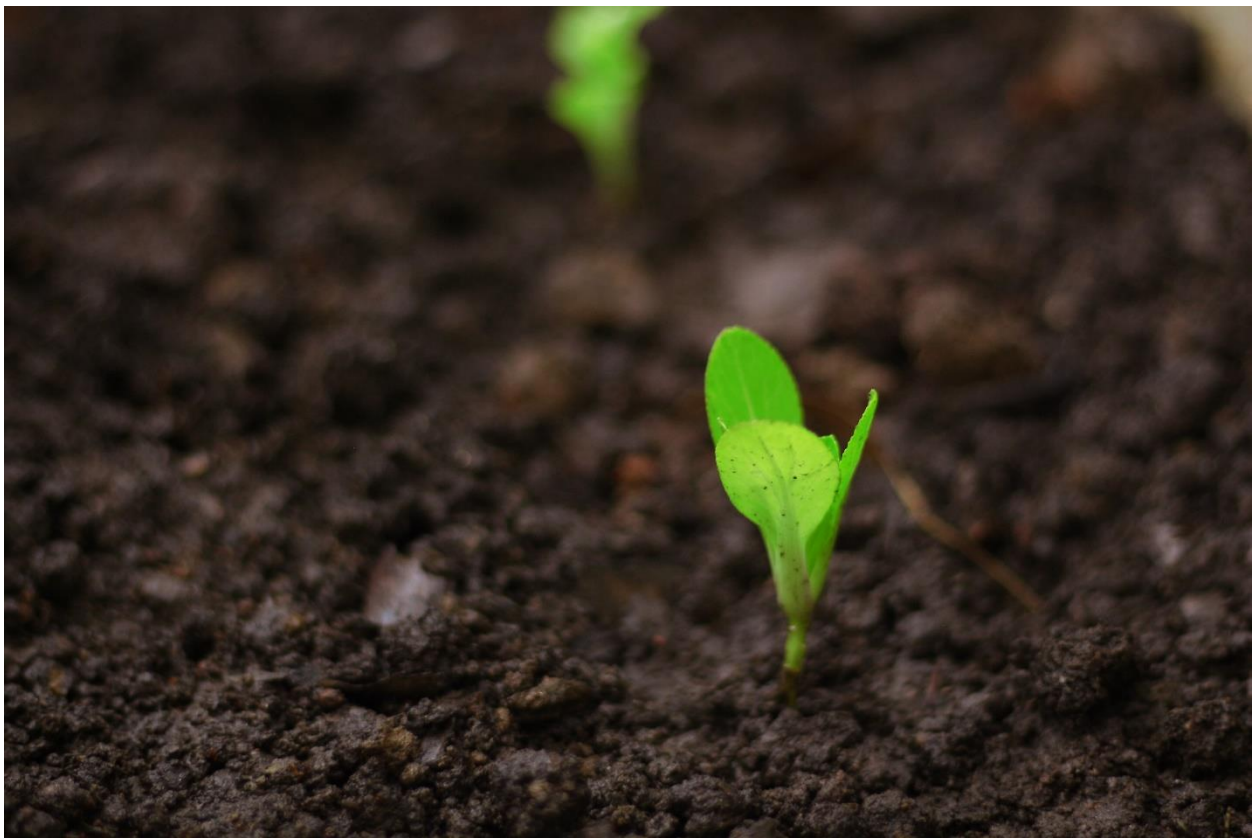
It's time for a change. Better yet, a full transformation of your life, your health and fitness, or perhaps even your identity, relationships, or career. No matter what type of change you are envisioning, and no matter how sizeable or small the goal, it all begins from the inside out -- from Ground Zero.

Step One: Inside Out

If you've ever marveled at the majesty of a fully-grown oak tree, it can be hard to imagine that it was once a tiny unseen seed; an acorn buried in the soil. From that tiny, unassuming nut sprouts the sapling, and from the sapling extends the roots and heartwood that eventually fulfil their

potential as the grand oak in full bloom. When it comes to expansion and transformation, nature shows us in remarkable clarity that everything requires a process, and that there is magic to be found in the apparently mundane.

In a sometimes frenzied world full of so many options and daily decisions, it can be challenging to focus on the basics and see the vital importance of the foundation when so much emphasis is placed on the result. To truly set out on a fruitful venture, however, it is necessary to turn downward and inward to the soil of our soul where our seeds of potential reside.



What this means is that the very first step toward life transformation begins before lifting a finger. It starts with our innermost thoughts and feelings. This sets the stage for all following steps and ensures that we fortify the foundation on which we construct our dreams and new habits.

Einstein is noted for remarking that "imagination is more powerful than knowledge." And indeed, what we envision for ourselves and what we feel is possible, plays a pivotal role in our

success or self-sabotage. The roadblocks we sometimes face in the process of changing our lives or initiating new endeavors may in many cases be attributed to an incongruence in what we want, and what we imagine as being possible for ourselves. To begin where you are, accept your starting point, and become more and more comfortable in believing that you can change and achieve, is the key that unlocks the gate to your quest.

This first step is the emergence of courage and new identity. From our thoughts and feelings come our attitude, and from our attitude springs forth our behaviors, and our repeated behaviors form habits, which then consolidate into the whole of our lifestyle and overarching identity. When we step back and examine our life and the identity we've come to claim as our own, it can all be traced back to our core thoughts and feelings; to ground zero. And it can either help our goals, or hinder us at every turn.



Our inner change includes sifting the subconscious to dig out the flecks of inspiration as well as our hidden pockets of dirty laundry. Identity reformation is like working in a refinery. Once we

can weed out old thoughts that no longer hold any value to our lives and that may be holding us back at a very subtle level, we can then begin to craft a new and improved identity; one that is valuable, works for us, and is aligned with what we deeply desire. Limiting thoughts that linger in our subconscious can, for example, be long-standing ideas that we are unworthy, or deep-seated feelings that we don't have the skill or intelligence or time to achieve what we desire. Subconscious setbacks can also include fear, pessimism, and doubt. These impurities though, like in a refinery, can be removed and converted into productive notions, positive feelings and constructive identifications that lead us into the light of our aspirations and pave the path for further steps.

Step Two: The Two-Minute Rule

There abounds a great deal of research and writing regarding the formation and restructuring of habits, and for good reason. If we know that habits ultimately mold the shape and substance of our life, it is well worth the effort to examine our habits and build better ones.

The process for doing this may not always be easy, however. Truthfully, it almost always comes laced with difficulty and resistance. But just because something is not easy, does not mean it's not simple. Habit hacking, or in other words, replacing and rebuilding our current habits for ones that are more conducive to the life we want, is actually quite a simple process when you get down to it, and worth working on despite the difficulty. Executing simplicity with effectiveness and consistency is where the real challenge comes in.

A great trick for hacking the internal framework of our habits and the grip they have upon us, is to enable and implement consistency by using the two-minute trick. The good news? It only requires you to build in two minutes to whatever your daily routine or busy schedule is currently like, and to commit to doing so on a regular basis.

For many of us, especially those who struggle with perfectionism, we think that if we don't log a ton of hours each day toward our newest endeavor, or if we don't fully complete a workout or tackle a goal with ferocity, that we will fail or lose traction, or that it's not "worth" it at all. For some people and some circumstances, this approach can work. However, this practice is also a

double-edged sword because while on rare occasion it can produce quicker results, it is much harder to maintain, and much less realistic to become a long-term part of your life.



If you've tried other approaches before or condemned yourself to feeling defeated due to any number of limiting beliefs or time constraints, it's time to reexamine these widely held myths about goals and task accomplishment. The rule of two is not a new concept, but a highly effective one that can break through resistance where other techniques fail.

One of the reasons that this two-minute trick is effective, is that there is much less room for making an excuse for not doing something if we know that we are putting in just two minutes of it. A new goal or task can feel daunting if we feel that it will be challenging, or uncomfortable. If we know that often the most challenging aspect of a goal or task is initiating it, the two-minute habit hack introduces ease, quickness, and novelty and actually acts as encouragement to continue.

New habits require maintenance and repetition, after the initial motivation fades. Therefore, the other reason why the two-minute rule is so effective is that we can more easily add in a new two minute behavior consistently, than to change our entire schedule and try to maintain an extra hour or two dedicated to new and possibly challenging tasks. Many of us can stick with a new idea, behavior or routine for a short amount of time, but we help ensure and support our commitment by tricking our brain into feeling like it is an easy, natural, non-intrusive piece of our already-established course of action.

Two minutes may seem unproductive at first, but as James Clear explains in his widely applauded book *Atomic Habits*, is that "a habit needs to be established before it can be expanded upon". If we can commit to an easy two minutes of transformative habit-building, those tiny two minute bundles will shift from being a conscious effort, to being second-nature and automatic, which can unfurl to longer amounts of time and more complex practices down the line when we are ready for those new habit seeds to grow. The moment a behavior becomes normalized in our psyche, it becomes far easier to maintain, earning it the coveted qualification as a habit.

A Winning Combination

Let's Recap! Our identity, or in other words the concept we have of ourselves and what we believe is possible in our lives, can either help catalyze change or it can create hesitation and subconscious resistance. That's why recreating our idea of who we are opens the way to new habits and therefore a new lifestyle filled with our loftiest dreams. Once we identify with our dreams and know that they are possible to achieve, we can then succeed in developing the necessary habits and actions for those dreams by putting aside our pride and humbling ourselves enough to start small, two tiny minutes at a time. Inside to out, our identity opens the door and our new habits form the foundation of our goals, however miniature or majestic.



If you desire transformation or need a change, it's time to start where you are and look inside. Unlock the fetters of your imagination. Make a decision and a commitment to yourself. Make friends with the challenge (even if you've been "frenemies" up to this point). Be humble and willing to start small. Consistency is the pathway to making discipline easy and automatic -- in other words, a habit. It's awkward at first, like meeting a new acquaintance, but is well worth the effort to transform the rest of your life from the inside out, two minutes at a time. Amazing experiences await!