

Quantum Habits: Transform Your Life with Lasting Change

What are Quantum Habits?

Quantum habits are deeply ingrained, automatic behaviors that run in the background of our lives, much like apps on a smartphone. These subconscious habits influence 80% of our actions and decisions, often without conscious awareness. From the way we respond to stress to how we approach health, quantum habits shape our reality.



Quantum Habits are much like Smartphones

Smartphones run their software on auto in the background.

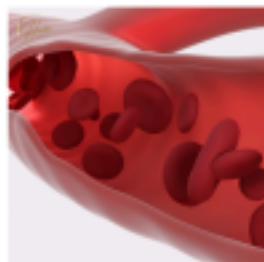
Much in the same way quantum habits run 80% of our habits on auto-pilot in our subconscious mind

Key Takeaway: By identifying and transforming key quantum habits, you can shift your life in a meaningful way.

Processes commonly known to run in our Subconscious mind on auto-pilot include:



Breathing



Blood flow



Digestion



Hormones

Our body does these all without us thinking about them.

But did you know the subconscious mind also runs these below on autopilot too

So if these are run on autopilot what are we in control of? It's often surprising to understand that most of our reactions are pre-determined by our subconscious programming and run on auto with little or no effort from our conscious mind. **These are called Quantum Habits.**

These are key to Personal Growth because we can shift the quantum habits which no longer serve us and programme in more empowering Quantum Habits

Changing Quantum Habits:

Step 1: Identify Your Keystone Quantum Habit

A keystone habit is one habit that, if changed, can create a ripple effect on other habits. For example, if you routinely unwind after work by socializing over drinks, this can lead to staying out late, which affects your weekend productivity and well-being. Addressing this one habit could influence your energy, focus, and health in many other areas.

Action: Reflect on one keystone habit you'd like to shift. Choose one with a high impact on your life.





Step 2: Utilize Breathwork to Reprogram Habits

Breathwork can be a powerful way to tap into and alter subconscious patterns. By practicing conscious breathing, you can interrupt automatic responses, creating space for new habits to take root. This process addresses the underlying emotional and physical triggers tied to old habits.

Action: Try starting with five minutes of deep breathing each morning. Focus on a calm, slow inhale, followed by an even slower exhale. Notice any changes in your reactions throughout the day.

Interested in more guidance? Book a Breathwork Session

Breathwork is a transformative tool to release deeply rooted patterns and instill new quantum habits. Book a session [here](#).

Step 3: Replace Old Habits with Prescriptive Micro-Habits

Small, manageable changes can lead to lasting transformation. For example, replace a sugary drink with water or practice calming breaths before a stressful task. When repeated, these micro-habits can eventually operate on autopilot.

Action: Choose a simple replacement for one of your current habits. Practice it daily for at least a week, building consistency.

Step 4: Try Habit Stacking

Habit stacking links a new habit to an existing one, making it easier to remember and integrate. For instance, if you want to exercise more, start by doing one minute of stretching after brushing your teeth. Over time, this can grow into a longer routine.



Action: Identify a new habit you'd like to build. Pair it with an activity you already do regularly, like showering or preparing breakfast.

Step 5: Commit to Continuous Growth

Remember, quantum habits are deeply ingrained and may take time to shift. Approach this journey with patience, knowing that every small change is a step toward a more empowered, fulfilling life.

Ready to Transform Your Quantum Habits?

To dive deeper into reprogramming your quantum habits through personalized coaching and breathwork, book a session [here](#).