

# QUANTUM HABITS



*The key to our personal growth is to change our Quantum Habits*

What are Quantum Habits?

Quantum Habits run automatically without us thinking about them - they are the reason why we can get to our place of work without actually being fully aware of how we made the journey.



Quantum Habits are much like Smartphones

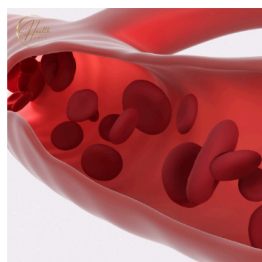
Smartphones run their software on auto in the background.

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

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



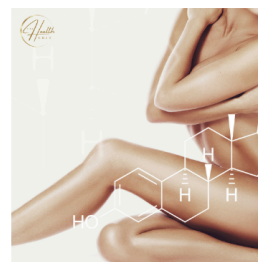
Breathing



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



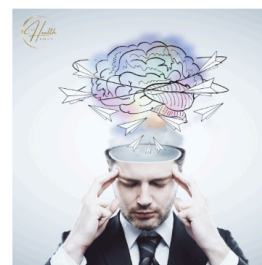
Emotions



Behaviours



Thoughts



State of Mind

So if these are run on autopilot what are we in control of? It's often surprising to understand 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.**

## Quantum Habits

Habits which run without any conscious level of thinking or involvement from us

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

## Keystone Quantum Habits

In our consultations, we work on identifying that one **KEYSTONE Quantum habit** which when shifted can create a ripple effect and have a positive effect on a number of unwanted habits.

A keystone habit could be going to the pub after work on a Friday where the evening is usually spent consuming alcohol, discussing the stresses of the week, and grabbing a takeaway on the way home, only to have a late night in front of the TV and a late wake up on Saturday morning eating into your precious weekend.



If you were to remove the keystone habit this could impact many of the other responses that follow. This doesn't mean you can't socialise after work with colleagues but can you see how many other habits rest on this one master process? By removing this one quantum habit you can have a domino effect on many others.



## Mind - Brain - Organ Connection

Many habits are really difficult to break because they are deeply routed in our bodies and are usually the result of a memory. Changing these habits can be very difficult if the root cause of the emotion which helped you instil it is still in charge of that habit, whether it be a physical behaviour, an emotional state, a painful sensation or a disempowering thought.

In our consultations, we help identify the root cause of the habit using Mind-Organ-Brain connections to understand where in our body the energy of this is located which is holding us so strongly to do this on a loop. Then using our Quantum Neurobiology techniques we help you to let go of the unwanted habit for good often replacing it with a more empowering habit (see below)

## Installing New Habits

Unwanted habits usually need to be replaced by more empowering habits. We use various methods to instal new habits - habits which you know you want to install but have never been able to sustain, these once installed become a quantum habit for you and allow you to live a more empowering way of life.

### Prescriptive Micro-habits

This could be anything physical like replacing a soda with a glass of water, or somatic like before the automatic response to a situation brews up anger in your mind, break the pattern and take 5 deep breaths in and out, making your expiration (out breath) slightly longer, this is one sure way of changing your state before you react to a situation as you normally would due to your pre-programmed habit.

You instil a small micro-habit which replaces something you currently want to give up and do it continuously for 7 days. The aim is to build on these microhabits weekly.

### Habit Stacking

For years I put off working out or going to the gym - never really building up that habit or desire to want to go - I'm sure many of you can relate - I mean who really wants to run on a treadmill for 20 minutes if I have a choice I'd rather sit and relax. But I know that 20 minutes



will do my body the world of good - we all know what to do - but our quantum habits would rather talk us out of the workout to choose the easier option because our primitive minds keep us on the path of least resistance as a default.

No matter how much I would tell myself the night before - when it came to the time I'd put it off to tomorrow. How many of you can relate?

A few years ago I found habit stacking - this was a revolution for me! This is when you identify something you already do unconsciously - eg having a shower and stack a habit on the back of that, doing for example a facial workout in the bathroom mirror before you step into the shower. And so I started a 1 minute workout of star jumps after I brushed my teeth every morning. I enjoyed this and it soon became a 5 minute routine and shortly after that a 30-minute walk. So as you can see habit stacking is an invaluable tool when trying to implement something new.

If you're ready to stop trying to implement change using willpower realise Quantum habits are deep-rooted which need some working on to shift and not keep us stuck any longer then book in and work with our Certified Health Coach Bal to change your life habits

**Bal Matharu**

**Transformational Health Coach at The Health Edit**

**Advanced Respiratory Physiotherapist**

**Coaching for Health Optimisation, High Performance and Vitality in Midlife and Beyond**

**Call, Whatsapp or email Bal to book an appointment:**

**07359 229975 or [bal@thehealthedit.org](mailto:bal@thehealthedit.org)**

**OR**

**Book an appointment directly at <https://bit.ly/30min-healthcall>**