

THE AMY EDWARDS SHOW

HOW TO MAKE LIFE ROCK



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5 EASY STEPS TO
BUILD NEW HABITS
AND
BE THE CREATOR OF
YOUR AMAZING LIFE!

Look, here's the deal: WE ARE BUSY CREATURES. Even if we're staying at home, it's amazing how *busy* we can make ourselves.

I get it.

I do!

We are also creatures of IG. No, I don't mean Instagram. I mean the *other* IG here: Instant Gratification.

We want what we want and we want it yesterday.

So, it is possible to get the results we want and do it quickly and efficiently?

Well, I've got great news. It is. Not only that, but it is a great paradox that rocking life actually requires slowing down and getting quiet. And some self care.

I know, because I do these things. And I don't have a lot of extra time on my hands, so I need to build habits that are so simple I don't have to think about them; are so efficient they tackle a lot in very little time; and so effective that I can see results fast!

And that's what I have done here. Distilled down five simple steps that you can use daily to build a new set of habits that takes you toward every goal you have.

Here's what you'll need:

- A notebook or some paper
- A pen
- An alarm clock and timer (or your phone alarm and timer)
- A quiet, peaceful spot. ANY spot will do!

STEP 1: SLEEP!

The first way to rock this life and get closer to smashing goals is the opposite of what you might think: it's all about those zzzz's.

I recently read the book "Why We Sleep" by Matthew Walker, and it opened my eyes to several facts that I intuitively knew:

1. Sleep affects literally every single aspect of our brain and part of our life.
2. We as adult humans need 7-8 hours each day, and it needs to be real sleep— not the kind brought by prescription medications or sleep aids.
3. There is no such thing as "catching up" on sleep.
4. Alcohol detracts from good sleep. So cut back on drinking.

I've always noticed it in myself and in my children— this true improvement of mood, ability, diet, disposition... you name it, really— that sleep brings. I'm a more optimized version of myself. And I know it's not the sexy, exciting answer we all want for rocking life. It seems antithetical, too! But here it is.

I often get asked how I do the things I do or how I look good at 48. Truth: y'all, it's because I prioritize sleep, I think. Sure, I do the other self care things, too, but I credit sleep with the majority of what helps me. Beauty sleep is a great thing.

I read Matthew Walker's book early in the pandemic, and that's when I made the conscious experiment to see how prioritizing sleep would affect me. I was sleeping alone at the time, so that made it easier. I quit drinking (or cut waaaaay back), I went to bed at 10 or so, and I never took a sleep aid. That's pretty much it. And consequently, I lost 10+ pounds, looked better than ever, improved my diet, my self love, and reached goals I didn't expect to reach. Oh, and I met the partner of my dreams.

Did sleep do all that? I don't know. But I DO know that it was a key component in my life and I saw results. Have you ever done that experiment? Why not try? Why not today?

So our new habit #1: Prioritize SLEEP.

STEP 2: WRITE IT DOWN!

Planting positive ideas and envisioning goals in your head has been shown to have numerous effects, including better performance and self-esteem boosts. In my own life, it's just this: I need to list these things as truths, and remind myself of them, because I forget and falter too often without them.

So many times, people tell me their goals, and I ask, "Have you written that down?"

And so many times— in fact, nearly every time, I'd say— they tell me no. Why not? Our words have power. They leads us to visions. They plant seeds in our subconscious.

So write it down. It doesn't matter how lofty it is. Or how many there are (I have hundreds written down). And don't worry about being perfect. These are fluid; they aren't etched in stone. You can change them, you can tweak them. Get your basics down today and don't be afraid to write things that others might think are crazy.* That's ok!

Once they're done, read through them. Take the time to read your one or your many. Breathe through it, feeling the truth there, and allowing yourself to fully imagine this as reality, and use it in your meditation (which is coming next) if you like (this can help when your mind wanders). Beautiful.

*I write the craziest, most embarrassing things. Try not to let fear hold you back. Writing stuff down and getting it out is crucial to our process of growth.

Now, new habit #2: Writing down our goals and desires.

STEP 3: GETTING CLEAR!

You know what's coming....clearing your head. Some might also call this meditation. Don't be scared! Don't run away! Keep reading! You CAN do this.

I recently read an article which suggested "starting small with meditation: just 30 minutes can benefit you!" I started laughing. 30 minutes?! Are they INSANE?! Don't worry. We aren't going to set that level of expectation. In fact, as you can see, we are even call it something completely different: Clearing your head.

A few words about this: No, I am not particularly good at it. Yes, I have fallen asleep on multiple occasions. And yes, after years, I still only do anywhere from 10 to 20 minutes a day on most days.

So set that timer for 5 minutes.

Here's the bones of this: Simply clear your mind. That's all it is. Let go of thoughts. For me, — and for most— this is very hard. I think somehow that if I am not thinking the thoughts, then they will be forgotten and so I had better keep my mind going. If you find yourself doing that, then jot them down. Or, move your mind to the goal or desire that you wrote down before. Envision that, envision how it feels, get clear on how you are and how you feel living in that state.

I once heard an analogy that I really liked regarding this practice: Imagine a cup with water and sand inside, floating around. Each grain of sand is a thought, and when you stir it up, you can't see through the glass. But when you let those fall and settle, the water becomes clear.

Your mind is like that water. Let the sand fall and your mind can relax and feel clearer and able to deal with what comes along. Sometimes I even imagine faces on the sand and it falling away. It's a lot like getting sleep: you can handle the day a lot easier. You are really re-training your mind when you clear or meditate, and that's the whole idea: To train your brain to clear when you need it to clear.

Another trick is to just repeat words in your head. Like: Inhale, Exhale. That's it, but it's harder than it sounds, and you may know this if you've ever tried. So this is your new habit today: clear the head for five minutes. Set the timer on your phone, and go.

So now we've added our new habit #3: Clearing our head.

STEP 4: SAY SOME THANKS!

Accept that you are trying new things, and get prepared to roll with what happens. These practices are slowly building upon one another and setting you up to rock life and feel a new freedom, and love life in a new way.

As I have written, these habits are about retraining ourselves to think differently and lead us to a more vibrant life. To look for the good in situations and to look for the light in life. Because life truly rocks when we live it, when we love others, and when we feel present, clear, and positive.

And when we feel thankful. Moving forward, start a regular gratitude practice in which you write down 5 things for which you are grateful. Don't just think it: WRITE IT. Getting something on paper makes a huge difference, because it makes the item concrete and our brains then make the leap to process it as real.

What you're thankful for doesn't have to be fancy. It can be something as mundane as clean air or running water, or the health of you and your family. Those are absolutely ok. Maybe you're tired and are searching for thankfulness some days. I've had those, too. It's no big deal. And it is important to be grateful for everyday things. That's part of this process— remembering to be grateful for those ordinary things that are all too easy to take for granted.

New habit #4: A gratitude practice.

STEP 5: A LITTLE NICE GOES A LONG WAY!

Step 5 of new habits to rock life is doing one. nice. thing. It can be very small- maybe it's putting a love note with your kid's lunch, maybe it's writing a special text to someone who you know is going through something; maybe it's making your partner coffee exactly the way he or she likes it and having it waiting when they awake. Maybe it's sending a friend a text just to say you think she's a badass and will kill it at her new endeavor. Once again, simple and small.

This, again, trains our brain to look for the good. It trains us to look for ways that we can make life brighter and put love, kindness, joy, and peace into the world. This is what it's all about, truly. Ordinary, small acts of kindness.

And remember, if you miss a day, we are striving to implement these habits more often than we don't. So don't ever beat yourself up if you miss a day; that's *not* part of the program. What IS part of it is kindness, and that includes kindness to YOU! Just do it more often than not, and see what happens.

Last new habit, #5: Do something nice and spread some joy.

AND THAT'S A WRAP! (sort of)

You've made it through all five steps! It wasn't that hard, now was it? It's always surprising to me how the smallest actions can add up, day after day.

I once had a teacher tell me about "the five-minute rule." It goes something like: You pick a task and vow to work on it for five minutes and five minutes only. This little kick in the pants gets energy flowing and pretty soon, you can get started on whatever it is more easily the next time.

And that's precisely what we have done here. We've kept it short and sweet, efficient and easy to accomplish. As you continue your new habits, it becomes easier to get started on other projects. Just like the meditation, you know you can do it for 5 minutes or so. Because you've already tackled tasks today- several times!

If you're interested in rocking life further, check out my podcast, [The Amy Edwards Show](#). It's all about going next level in our habits and our lives in order to love ourselves more and make the most of this one time we have on this Earth. And please let me know what you thought of these steps— you can find me on Instagram at [@realamyedwards](#), and I'd love to connect with you! Thank you for being here and giving this your time! It's so worth it so build new habits and get life more rocking, and the daily work pays off!

And never, ever forget this one truth...YOU ROCK, in every way. Love yourself through and through, because you are an immensely powerful and deserving being.