

ANGRY ABOUT  
YOUR HABITS?

# HABIT GUIDE

FUNDAMENTALS ABOUT CHANGING YOUR HABITS



# CONTENT

## 03 BECOME SELF-AWARE

Become self-aware in the present moment to easily attain your desired goals and meet your ideal self in your near future!

## 04 YOUR “WHY”

Why are you doing what you are doing? Why do you get up in the morning, although it would be much more "comfy" to stay in bed? Find your meaningful “why” and you can reach anything.

## 05 DECIDE

Before bringing massive action into your life, take a step back and make a decision. Be decisive and do not change your decision until you have reached your personal goal!

## 06 DO IT NOW

Are you the CEO of your life? Or do you allow the people around you, destiny or other outside sources dictate life for you instead? Whatever you want to change or achieve in your life start to actively manage it now!

## 07 MON AMI METHOD

About my method developed based on neuroscientific findings to help you heal your hated habits.





# BECOME SELF-AWARE

What does becoming "aware" of the "self" mean? We are conscious every day after waking up until we fall asleep, right? You might ask yourself, "How am I supposed to become even more conscious"?

On the one hand, this is true, but on the other hand we live our lives largely on autopilot. The autopilot is very useful. It makes our daily lives easier because we no longer have to think about trivial things like climbing the stairs or brushing our teeth. Even going to work or doing the housework often runs in autopilot mode. Unfortunately, with autopilot, awareness of the moment is lost. When the autopilot is on, our "self" or conscious "I" is turned off.

## ***Practical Tip:***

### ***How do I become aware of myself?***

***Set aside 5-10 min of undisturbed quiet time for yourself every day, preferably directly after getting up or directly before going to bed (do not deduct it from your sleep time!).***

***This moment works, if you turn on quiet ambient music, light a candle and fill the room with a nice scent. Any one of these will enhance your experience.***

***Sit or lie down comfortably. Pay attention to your breath only. Let your breath flow in and out evenly. Enjoy the peace in your mind. If thoughts arise, acknowledge them but do not observe or analyze. Instead gently focus back to your breath.***

***The more often you do this exercise, the more relaxing and enjoyable it becomes. Feel free to extend the exercise if you feel like it.***

***With this short and simple method, your mind will feel peace and navigating daily life will be easier.***





# YOUR WHY

Did you ever ask yourself, "Why do I get up in the morning?"

Your "why" is your motivation to do anything.

"But how can I increase my motivation?", you ask yourself now?

Scientists agree that we are triggered by two different types of motivation. Intrinsic and extrinsic motivation. Intrinsic means from within, for example, when you love someone or something very much and would do anything for the person or thing you love.

Extrinsic means external factors that influence our motivation. For example a positive rewards like money or negative consequences, such as punishment.

Which motivation do you think is stronger, intrinsic or extrinsic?

I remember the story of a client who told me that he quit smoking easily because his beloved wife had given him an ultimatum. Either he stopped smoking or she would leave him. Now, he wants to lose about 10 kg but does not manage to resist his snacking habit.

And why not? Because the extrinsic motivation, in this case the ultimatum of the beloved wife and the even stronger intrinsic motivation, "I do not want to lose my beloved wife", is missing!

What is the core message here?

Your "why" is so incredibly important because it keeps you going, even when things are NOT going so well!

Do you already have an idea of your strongest "why"?

## Practical Tip:

*Your "why" works best when it is linked to strong intrinsic feelings like love and affection.*

*Therefore, find something you sincerely love – a person, an animal, an activity, or a thing. Then think about how your beloved would benefit from your life change.*

*Already have an idea?  
If not, feel free to ask me.*

*If you have a highly emotional intrinsic motivation, then reaching your goals has the highest probability of success!*



# DECIDE

Have you already decided consciously and with full conviction to change yourself, and thus your life?

Is it your sincere will to change yourself from NOW on with all your power and your greatest possible effort?

Do you really want to get rid of your hated habits once and for all?

Even in moments of stress, anger, or sadness, when it might be difficult for you to avoid your old behavior patterns?

This might sound trivial but only if you have decided with all your heart and with full consciousness to change and are ready to do EVERYTHING to maintain this change, only then it is worth going all the way and you will succeed in your goals.

Wondering how to check if you have really and truly decided?

## **Practical Tip:**

**To making powerful decisions, write your answers to the questions below, preferably in handwriting.**

**Take enough time to answer the questions.**

**However, answer intuitively rather than rationally. Listen to yourself. Which answer "feels" right?**

**1) When has your undesirable behavior benefited you?**

**2) Why do you want to heal your hated habit?**

**3) What difficult situations arose due to your hated behavior?**

**4) Have you already hurt people with your hated behavior?**

**Now imagine your life without this behavior....**

**What would be different? How would it feel?**

**Now, make your decision.**





# DO IT NOW

My, now very successful, business partner told me once, that when he was still a startup CEO, he had the opportunity to get an assignment from a company earning around 100.000 dollars. However, he and his company would have had to invest about 10.000 dollars to manage such a huge deal.

At that time, he did not have the 10.000 dollars and eventually declined the 100.000 Dollar deal.

However, he easily could have taken the money from the bank

and get the assignment. He told me that he will never forget his regret about missing this one in a million chance for a small startup company.

What did he learn from this incident? Now, he would definitely take the risk and invest the money in his company, and especially in himself, to get the deal.

Just imagine!

What if this is your one in a million chance to change your life in a happy and fulfilling way?

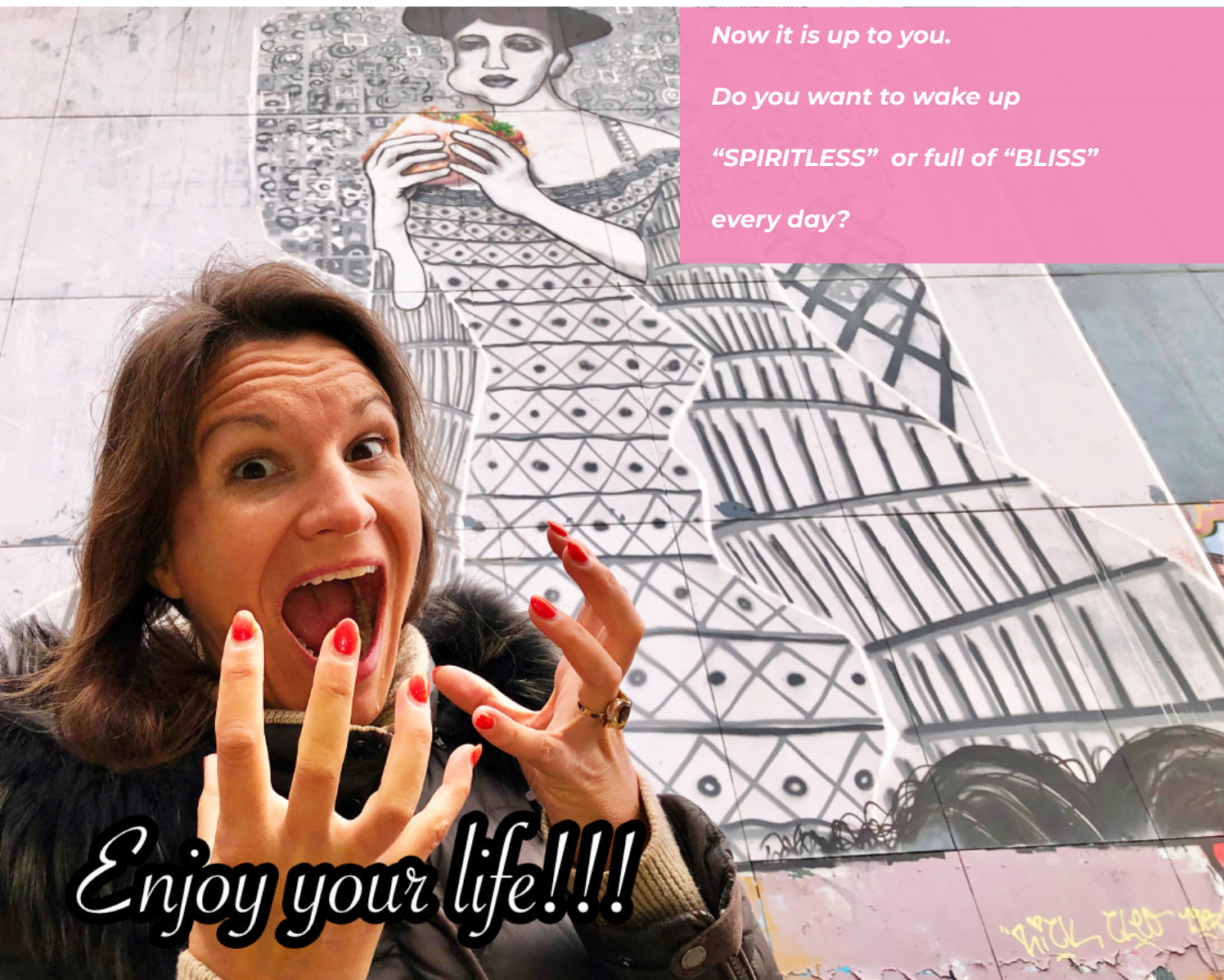
But remember you will have to do it now. Otherwise, your initial energy will vanish, and you will stay within your old patterns.

*Now it is up to you.*

*Do you want to wake up*

*“SPIRITLESS” or full of “BLISS”*

*every day?*



# MON AMI METHOD



Mon Ami (french) = My Friend

My vision of the Mon Ami (my friend) Method is to build respect- and trustful relationships as the basis for a successful approach towards transforming any behavior patterns on a neuroscientific basis.

Personalized methods will help you to create healthy habits in various sectors of your life such as health, nutrition, sleep and mindfulness.

The secret about the Mon Ami method is 1) the personal **A**nalysis, 2) the individual **M**ethod selection and 3) the **I**mplementation of your individual methods. These three ingredients will bring joy and success into your daily life!



## ANALYSIS

That's right. You get your personal analysis based on newest neuroscientific findings. You get clarity about who you are and who you want to be in your future life.



## METHOD

I love what I do and it shows on the faces and in the hearts of my clients. How? With neuroscience based, highly personalized methods



## IMPLEMENTATION

It's your dream, I am here to help you realize it. Step by step, we implement your personal methods into your daily life. The daily continuum is the secret to your success.





# CONTACT

*„You are your own limit,  
rise above it.“*

Persian Lyricist

*Yvonne Ritze*



If you want to transform into your ideal self and achieve the future you always dreamed of having, take action NOW and contact me via:

[contact@yvonne-ritze.com](mailto:contact@yvonne-ritze.com)

Acknowledgement: I want to thank and acknowledge the graffiti artists and the photographer R. Herrmann.

Photo front page: R. Herrmann

© 2022 Dr. Yvonne Ritze all rights reserved