

THE HABIT FACTOR EXPERIENCE

I initially found the Habit Factor after reading a blog on best habit forming apps. I had never thought about achieving my life goals using the power of habit till that blog. I then downloaded all of the apps recommended and found that they were all similar except for the Habit Factor which allowed both goal tracking and utilising habits to achieve them. I was hooked after purchasing the ebook and digesting its content.

It was about then the Habit Factor challenge was issued so I decided that I would benefit from an external outlet during this beginning phase. I believed that it would make me more committed and I was right.

So a little about me. I am a recovering drug addict and I also suffer from Bipolar Affective Disorder. So you can imagine I had a host of bad habits and found it extremely difficult to achieve my goals in life due to distraction, procrastination and a lack of routine. I was in a utter state of despair when I read that blog. Then the light turned on and after reading the Habit Factor I saw a way out of the stagnation and constant failing in achieving my goals. It was definitely a life changing experience which has been positively exemplified by The Habit Factor Challenge. The Habit Factor book made me realise that to change this cycle of disorder and non-achievement in my life I needed to install new Habits that actively pursued my goals and gave me a routine. Also it showed that instead of concentrating on my bad habits and trying to combat pursuing these new positive Habits would naturally fill my time thus negating a lot of the bad habits. This was a new approach for me in defeating my vices and I have to say that it has worked wonders.

My main goal was to establish a healthy physical and mental regime which when accomplished would give me the foundation needed to pursue other goals. For the first time in my life I felt able to achieve my goals utilising the Habit Factor. As I tracked my habits I realised that I was able to focus and this increased momentum. Though not perfect without the Habit Factor I might have started some but I guarantee that I would not have pursued them for more than a week. And I would feel defeated and go back to my bad habits. Tracking my habits forced me to address them daily thus regimenting them into a daily routine. And it allowed me to see how I was going and gave positive reinforcement.

So I am extremely grateful to the Habit Factor franchise: the book, the app and the challenge. The book gave me the insights and understanding, the app then allowed me to practically apply this new knowledge and the challenge motivated me to accomplish these new habits. Yes at times it was difficult especially at the start but as time moved on and the tracking emphasised these wanna be habits actually became part and parcel of my daily routine. For this gift I cannot express my gratitude enough and would highly recommend the Habit Factor to anyone who wants to change their lives for real.