



Positively Jane - The Podcast

Navigating Life's Highway...*together*

Episode #3 Transcript: Are Habits *Really* Powerful?

JANE SHINE:

I am sure you have heard about habits. And maybe even been told that habits are good for you. But did you know that habits are powerful and that good habits can set you up for success? And we all love success right? In this episode of the Positively Jane Podcast I am going to go over our habits...and why we need a few, or even 10, in our lives.

INTRO:

Hey there - I'm Jane Shine. As a blogger for over 4 years, I have been encouraging women to rise above those circumstances that kick them in the butt and choose a life filled with joy. Topics - you name it. From relationships, anger and irritation, embracing the aging process, how to retire with wealth, and so much more! I can't wait to dive in!

Let's talk about a wellness product that I am loving. After years of dieting, I have decided, at the ripe old age of 69, that I would rather be healthy than spend my time on diets. I needed healthy alternatives that were quick and easy for me cause I am a busy girl!

I decided to begin this new journey with smoothies. I can make 15 at a time, put them in reusable freezer bags so I can grab, blend and go. I needed a really good protein powder. One without all the chemicals, added sugars, and one with a high protein content AND one that tastes great. Asking a lot, right?

Enter in the Be Well by Kelly Protein Powder. Each scoop has 24 grams of protein. You can get vanilla, chocolate, or unflavored. Grass fed or vegan based.

My smoothies taste great and they fuel me all afternoon! Check out Be Well and those smoothie bags...your body will thank you. Use the code PJ10 and get \$5 off. Links are in the show notes.

JANE:

Welcome to episode #3 of the Positively Jane podcast...where we are traveling life's highway...together.. Oh my gosh...3 down already!



Positively Jane - The Podcast

Navigating Life's Highway... *together*

Today I thought I would just jump in and talk about our habits or lack of habits.

Now, did you know that habits are formed by the time we are 9. When I read that I almost fell off my chair. 9! How can that be? Now does that mean if you don't have a habit by age 9 you are just SOL?

Thankfully no! You just need about 21-30 days to form a new habit.

But, are you thinking to yourself 'Ok Jane, that's great, but why do I even care about habits?' Old or new ones. And guess what...I have an answer to that!

So let's dive in -

I never used to never make my bed. Even as a kid - my mom never asked us to. Or maybe she did and we all ignored her - no idea. When I lived on my own, even in college, I figured that I was going to work/school all day and would be climbing back in when I was home (cause those afternoon naps are so yummy). So what was the point? Have you ever felt that way?

It wasn't until I was in my mid 20's that I began making my bed. My husband's small children came to live with us and I thought that they should make their beds - mostly because I didn't want to see THEIR messy room. For some reason my messy room didn't bother me. And so to set a good example, I made our bed too. I'm such a good mom, right?

Recently I read an article about successful people and their habits: that daily habits can set us up for success. The first habit listed was....are you ready for it... **make your bed every morning before you start your day.** What?! Why?! How can that even make me successful? What difference did it make?

I also read that habits are powerful. Powerful? I am not sure I feel powerful when I brush my teeth! Or make my bed. Do you? This made no sense to me. Does it make sense to you?

So I thought, in order to make sense of what I was reading, I needed to find out the definition of *habit* and the dictionary was a good place to start, so... I found out that *Habit* is a noun and it means - a settled or regular tendency or practice, especially one that is hard to give up.



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Hmmmm.....that was interesting. Something hard to give up. I understand that smoking is a habit and hard to give up, but how did making my bed set me up for success or come under 'hard to give up'? Why did it even matter?

And making your bed is not really a big thing, it's a little thing, right?

But, take a minute and think about all those little things in life. You know - saying *please*, saying *thank you*, holding a door open, helping someone carry packages, a light touch, a smile, or sending a card.

ALL of those little things add up and once they are done regularly, they become a habit. And all of those habits add up to a big thing....you taking control of your own life so that those unexpected circumstances don't hit you over the head and push you out of control. The only things in life we can control are us. Not things, circumstances or other people.

And making your bed, that one little thing, can spark a chain reaction which leads to more little things.

If you make your bed every day that habit can really add up. It can become a powerful habit. It's your first accomplishment of the day and it's a way of putting yesterday to bed, no pun intended, and making room for a **new** day. A successful new day! Now, wouldn't you like that?!

You can go to bed stressed out, worried, frustrated...but when you wake up and straighten those covers, plump those pillows, fold the duvet you are in essence setting aside the day before...and making room in your heart and mind for a change. Something different.

US Navy Admiral William McRaven gave a speech to students about making their bed stating, 'It will give you a small sense of pride, and it will encourage you to do another task, and another, and another. And by the end of the day that one task completed will have turned into many tasks completed.'

In addition to starting your day on the right foot, making your bed makes your bedroom look bigger and neater. Your room will have less clutter and when



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Navigating Life's Highway... *together*

you have less clutter in your bedroom think of all the possibilities available to you in the rest of your house. How about the rest of your life? Organized people are successful people. Neat room. Neat house. Neat life.

Another reason to make your bed every morning comes at night. As you climb into your bed, you can say good riddance to a rough day or snuggle in the thoughts of a good day. I love the thought of climbing into smooth sheets, knowing I'm closing out the day and that a new day awaits me when I wake up.

There are so many reasons that habits are good for us...especially us women -

1. A habit clears our minds. I don't know about you, but I have a million things going on in my head at one time. If something is a habit you do not have to think about it – you just do it. That is one thing less going on in your head. Now, that is powerful.
2. A habit helps us stay productive. Are you always scrambling at the last minute to gather lunches, homework, and backpacks? Wouldn't it be nice to have a streamlined morning and save time? The habit of gathering the night before is powerful.
3. A habit is a routine. Routines are done 'remotely'. They do not require thinking on our part. Washing dishes, doing laundry, writing a check, driving a car. Those are routines...which have become habits. For me - anything done remotely is powerful.
4. A habit sets you up for the future. You can acquire and accumulate many habits. After you perfect your first habit, you can move on to another, and then another.
- 5.

And soon, there are a bunch of habits in your life. The habit of opening a door, saying *thank you* and *please*, being aware of others, always smiling, never complaining....amazing habits that when all put together are very powerful indeed. Those habits will define who you are to your family, friends, and co-workers.

So let me ask - What is a clearer mind and more productive day worth to you?



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Navigating Life's Highway... *together*

Are you ready to give making your bed a try, if you aren't doing that already? My husband retired 5 years ago and he makes the bed every single day. Some days he puts all the throw pillows on (I have a lot) and some days he smooths it all out and leaves the pillow on the chair. However he does it...the bed is made before he leaves the house everyday...he makes sure he has the time.

I have a few habits that I incorporate daily. Besides the usual - brushing my teeth and eating breakfast. I make sure I do my skin care routine daily with True Botanicals products. Those fine lines and wrinkles will not go away on their own.

I never leave the house with dishes in the sink. They are usually dried and put away too. I fold clothes the day I do the laundry. The cat box is cleaned. My emails are read and filed. And one habit that REALLY helps me stay organized is this. Every night I grab my Joyful Living Planner, look at my digital calendar and to do lists (I keep a running to do list).

I then choose what needs to be done the next day AND I make sure I have what I need for the next day. So for example, if I am going to the zoo with my family I make a list of what I want to bring with me and then gather what I can gather. Like lunch and snacks, water, hats, tickets etc. This keeps the scramble down the next day...especially if I need to make something ahead of time to bring with me.

Which helps me approach my day with confidence because I know that I took control and did not let it all slip away in a mad dash of anxiety. Which in turn keeps me closer to living the joyful life that I so desire.

As I said in the beginning, research shows that it takes 21-30 days to make a habit, but I don't necessarily agree with that. I think it's easy to do something for 30 days. I would like to challenge you to make your bed everyday for 60 days.

Pay attention to the changes in your life. Mark it on your calendar (one habit I always do). Did you feel more accomplished? More organized? More relaxed? More powerful? My hope is that you'll find that making your bed will lead to a newly uncluttered and powerful life.



Positively Jane - The Podcast

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Just for you, I have created a '25 Powerful Habits' download. You can print it out and see which ones you might like to try. Or maybe you are already doing 1 or more. High Five on that!! It includes a place for you to add your daily habits. The ones you are doing now and the ones you would like to incorporate. You know, the ones that might help you streamline your life a bit more. I have linked it in the show notes below. I also have a few blog posts that you can read...I have linked them too.

And as always, I would like to encourage you not to let the circumstances of life kick you in the butt. I would like to encourage you to learn how to rise above those circumstances so that you can live a joyful life...everyday.

If you haven't already go on and grab my FREE 'Joyful Living Quickstart Guide' - this will definitely help you take the first step towards living your joyful life.

Thanks for listening. If you like what you hear please subscribe and share with your friends. I have linked everything I talked about in the show notes. Go on and grab them. Until next time - go out and make it a joyful day!

Links mentioned in this episode:

- [Joyful Living Quickstart Guide](#)
- [Aging Gracefully Newsletter](#)
- [PositivelyJane Website](#)
- [25 Powerful Habits](#)
- [Habit Blog Posts](#)
- [Joyful Living Planner](#)
- [True Botanicals](#)
- [Be Well By Kelly Protein Powder \(use code PJ10 for \\$5 OFF\)](#)



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- Habit Blog Posts
- Joyful Living Planner
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