



Sylvia Becker-Hill

Mastering the Power of Strategic Change™
...with Neuroscience and Emotional Intelligence



10 Steps Habit Mastery™

(Short version)

Step 1: Chose what to change

Step 2: Analyze your old habits

Step 3: Let go of any resistance

Step 4: Understand your old habit's purpose

Step 5: Forgive yourself

Step 6: Design the new habit

Step 7: Commit to repetition

Step 8: Start now acting as if

Step 9: Enjoy the journey

Step 10: Celebrate by sharing