

Ep 98 - The 1 Habit Challenge Transcript

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Welcome to another episode of The Lone Recruiter podcast. I'm your host, Brett Clemenson and if you're a recruiter out on your own or just lacking general advice or mentorship, you've come to the right place. Our episodes are designed to give you the motivation, the strategies and the support you need to become the very best lone recruiter. So join us,

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grab a cup of coffee and let's take your desk to another level. Now, today I want to talk about habits. I talk about habits a lot, but they are super, super important. This is going to be a super practical episode. I want you to allocate this 5-6 minutes this episode's going to take. For you to just really self-reflect.

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I want you to walk away with one thing to do and it's going to be super, super easy because I think a lot of the time you go to these big courses, you go to these big long day conferences, you go to this big training program about habits, about this, about that. And it's just so much information. Whenever I go to these things, I say to myself and I say to the people around me. We're going to know a lot of this stuff.

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We're not going to care for a lot of this stuff. But if we get one thing out of today, it was worth it. And that's what I want to give to you today for this episode. So why are habits so important? Habits for me are so important because they are the automatic functions, the things we do automatically. And when you do them automatically, good or bad, you're not thinking about them, right?

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So if you're going through and you need to do a headhunting campaign and you're going, Cool I need to actually, I'm going to do InMails, writing a script, punching them out. It's automatic, right? But the moment I say to you, hey, we're not going to do it in text, we're going to it in video form, that's not a habit. That's a whole nother thing that your brain goes, ehh

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what is that about? And it's a new habit and either it's going to stick or it's not going to stick. And we all know it takes 21 days to form a habit, good or bad. So if you did that for 21 days straight, that would become a habit. And so forth and so forth, so the thing that prompted this episode for me today was I get a little bit of tunnel vision sometimes on what I want to do with certain aspects of the business.

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You know, different people in my life, goals, ambitions, things like that. And then sometimes things slip, bad habits start to creep in. Like a bad habit is just a habit that doesn't serve you, right? A good habit is something that you've deemed is good. Good activity for me to do and I want to lock it in and do that automatically.

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But when you're not protecting and that's the key word. If you're not protecting your habits, the bad ones creep in because our body loves sugar. Our body loves laziness, like our body wants the easiest route to anything. That's how it's programmed. It is programmed to go. What's the easiest way to get energy? Sugar, fat, biscuits. What's the easiest way to relax? Alcohol, laziness, TV. Like

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these are all bad habits because they don't really serve our goals. They don't achieve anything. They just I've said this before, type one diabetic, you've probably seen this thing on my arm, does my blood sugars. I'm a celiac - I can't eat gluten and therefore and I'm getting older. I do a lot of training at the gym and things like that. I've just hit a wall.

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I've just hit a physical wall. My hips are starting to really hurt. You know, my shoulders.. I'm going what is happening? And I start airing my grievances to a trainer and he's like, what's your nutrition like? And I was like, geez that's a good question. What is my nutrition like? And I said, it's okay, you know. Do you eat breakfast? No I fast.

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He goes, Okay, you're doing gnarly workouts, man. Like you probably need to be eating around your work out. Okay, interesting. We talked about bits and bobs. I decided to book a nutritionist, so I'm going to go see a nutritionist and just see what they say. And within 20 seconds it was very apparent to me, I'm just not eating enough.

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I'm eating half the amount of protein I need. I'm not eating enough carbs or the right carbs and so, so on and so forth. So I was able to look at this thing and self-reflect and go, something's not right. What is it? Someone said it's probably nutrition and within three days of shifting what I eat and not even like a massive change, it's actually just eating more which has been great and eating the right foods.

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So it's all that concept of feeding the work out, not feeding the fat stores or the body, has changed the way I view nutrition. Now, I'm obviously honing in on this at the moment and it's starting to serve me. Now the new habit I'm weaving in for this is, need to eat around the work out and I need to kinda make sure I'm having enough protein at lunch because that was where the big gaps were.

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It's only one habit, but it flows into so many different things, like having good optimal energy means I can show up and do this podcast better. It means I can show up for my clients, my candidates, my work, my staff, the people around me, my family. When you feel better, your habits are serving you. You can do better for the world.

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So I challenge you, what is one thing, now have a think about this, when I'm saying, talking about bad habits or things that are creeping in that, you know, you're smiling right now, you know, Oh god, I don't want to say it. And the number one thing that most people come to is drinking. Drinking doesn't serve anyone, but everyone's like, yes, or I need to do more exercise.

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But what is a habit? And it might not be food or exercise or body related. It might be work related. What's a bad habit you have at work that's crept in? Where are you cutting corners? What are you getting super lazy on? What is something that you know, you do every day or don't do every day?

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Because a bad habit can be a no habit. You're just not doing something. That you think could actually improve your quality of life, improve how you feel, improve your outcomes. What is the one thing? I just want you to think about that. If you can determine one thing that is you want to turn into a habit, I want you to do it for the next 21 days, whatever that is.

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And this is such a self journey, like only you can answer this question. But I challenge you one habit to form over the next 21 days that you think is going to make a difference. And I want you to do it. You don't have to. But you're listening to this, there's obviously something you're getting out of this podcast

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And I think it's the little kick up the arse sometimes. If you're sitting there alone and you've got no one around you to lean on, no one around you to influence you or to have a

chat with and you're thinking he's not talking silliness. Okay, what's the one thing that's going to make you better tomorrow? If you know what

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that thing is, it's pretty obvious. It can be tiny. It could be as tiny as I'm going to stop biting my nails. Because I don't like the way that my fingers look when I meet clients. It could be something like that. Like just what's the thing that you know is a bad habit or a non habit or an aggravating habit or something that you need to add or have concentration on or focus on that's going to make a difference.

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That's today's episode One habit, hammer it for 21 days and see how you go. See it. Put it in the calendar right now. Go open up your outlook, open up your calendar and go habit this and you're going to put that wherever that habit is, you're going to pop it in every day for 21 days. And at the end, if you do it for 21 days straight, what the reward at the end of 21 days?

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If I do 21 days of not drinking, or I do 21 days of perfect nutrition, or I do 21 days of stretching or I do 21 days of this activity on my desk. What is my reward? The rewards going to be amazing results to come out of that habit. But what are you going to like? How do you celebrate? Because I know that after you've done that for 21 days, it's going to just be a habit now because it serves you.

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So today's episode protect the bad habits coming in, protect yourself and sort of the autopilot that you run to and what has crept in, let's clean it up. Let's pick one, let's clean it up. Let's pick one and create a better habit.