



HomeTrak

Your expert companions in home care software

HomeTrak Companion

“Habits and Rituals”

What's the difference between Habits and Rituals?



Habits

Habits are something that you do often or regularly, often without thinking about it.



Rituals

Rituals is a ceremony or series of acts that is always performed the same way.

Habits are singular focused. Rituals can encompass multiple habits.

When you think of a habit, you think about one specific action that you do over and over again. The beauty of rituals is that they can contain multiple habits in one ritual.

Habits are vague. Rituals are specific.

The main issue with habits is that they are vague. Saying to yourself “I will exercise more” (habit) is just wishful thinking. The intention is good but without a specific action plan chances are you're not going to take action. You want to get very specific. The more specific you are, the more likely you will take action. Rituals force you to be specific and outline an action plan so there's no doubt on what to do.

Habits don't have a system. Rituals follow a system.

Consistently taking action is really easy when you have a proven step-by-step action plan in front of you. When you don't have a plan and you make one up on the fly each time you perform a habit, not only will you be inconsistent but you'll also get inconsistent results. Knowing WHAT to do is not the problem. It's executing on what you know. Knowledge isn't worth anything if you don't take action on it.

Walter Bond's Motivational Mondays: Daily Habits

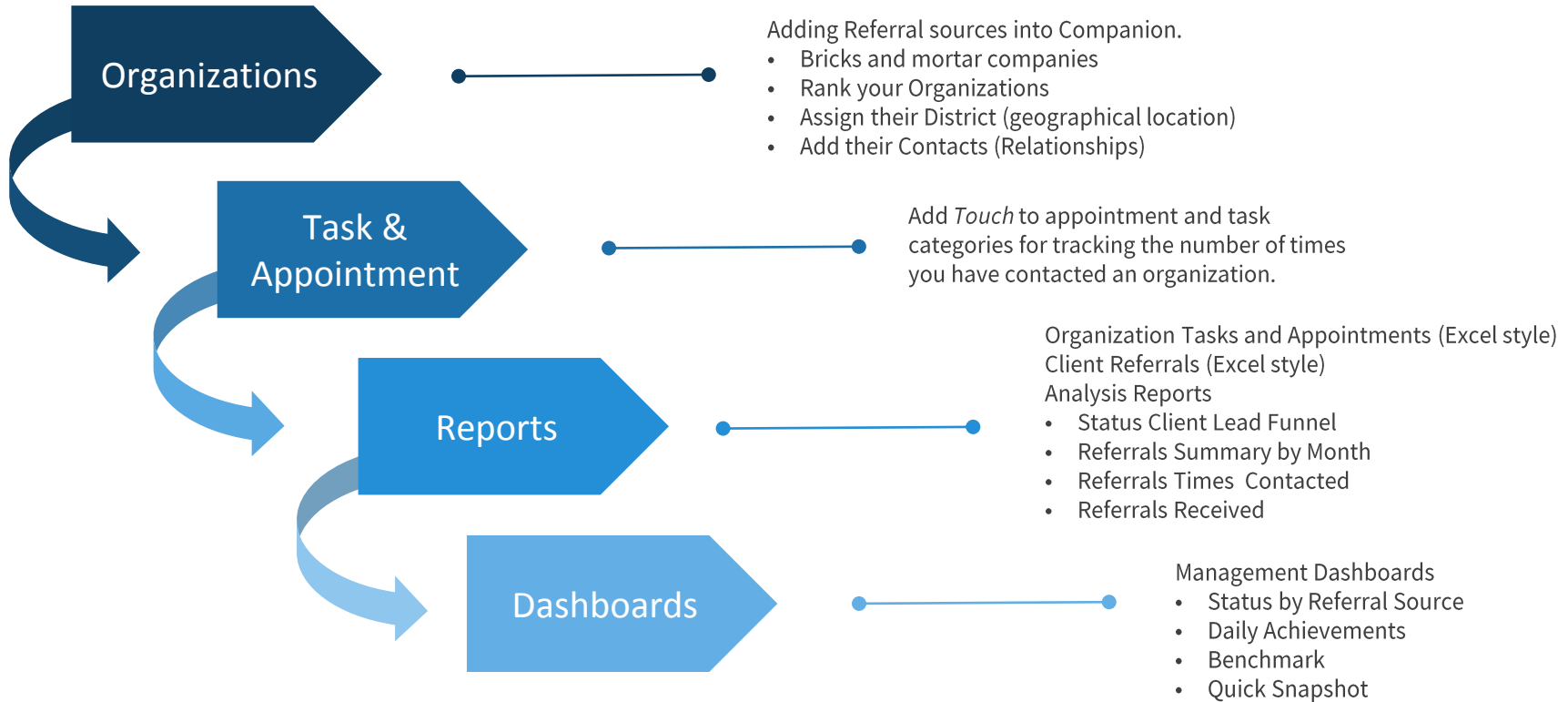


- 25 calls / day
- 125 calls / week
- 500 calls / month
- 6000 calls / year

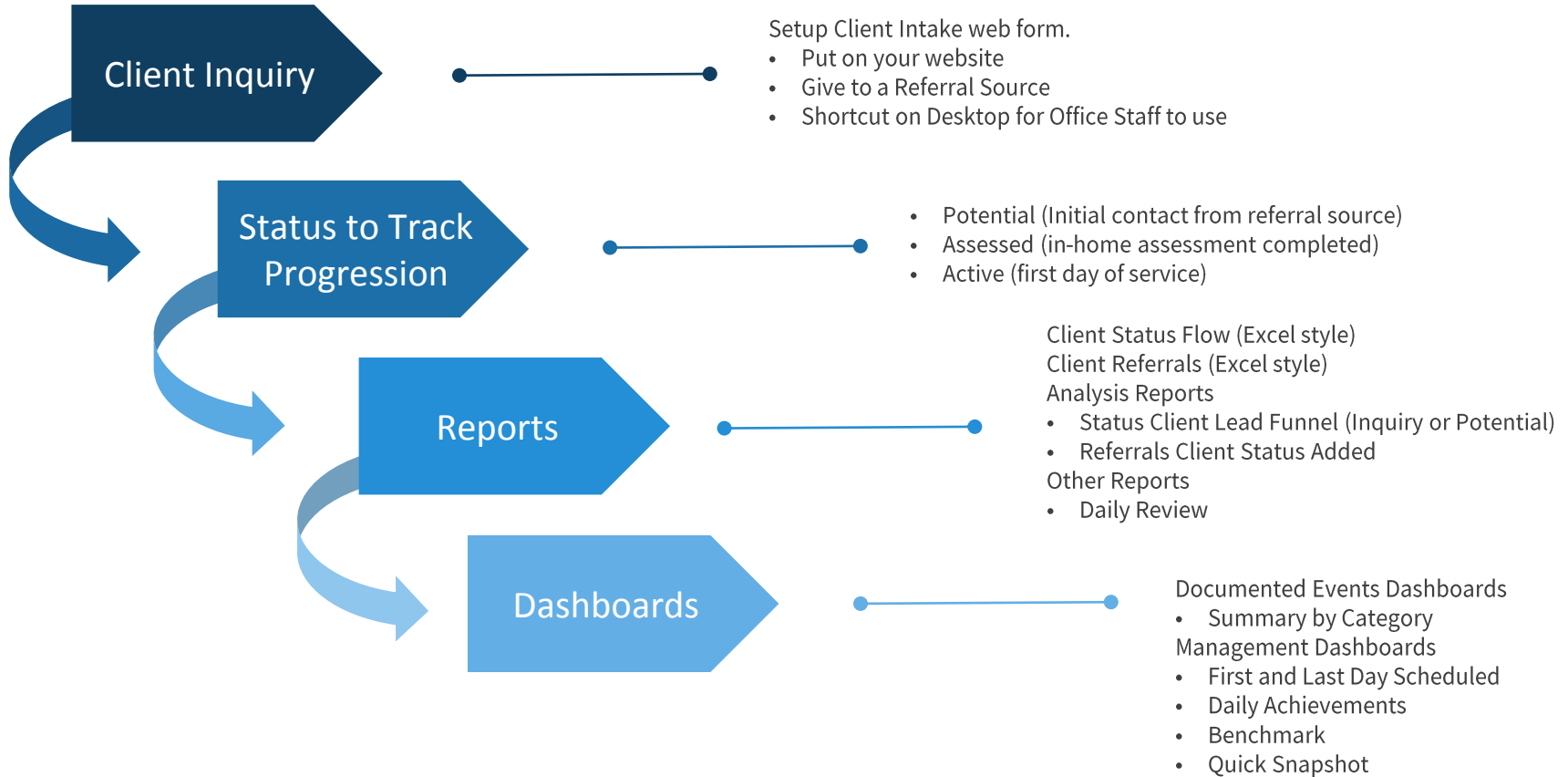
“Your success is about having good daily habits that you can execute every single day on a consistent basis.”

[YouTube Video Link](#) click link if video does not play

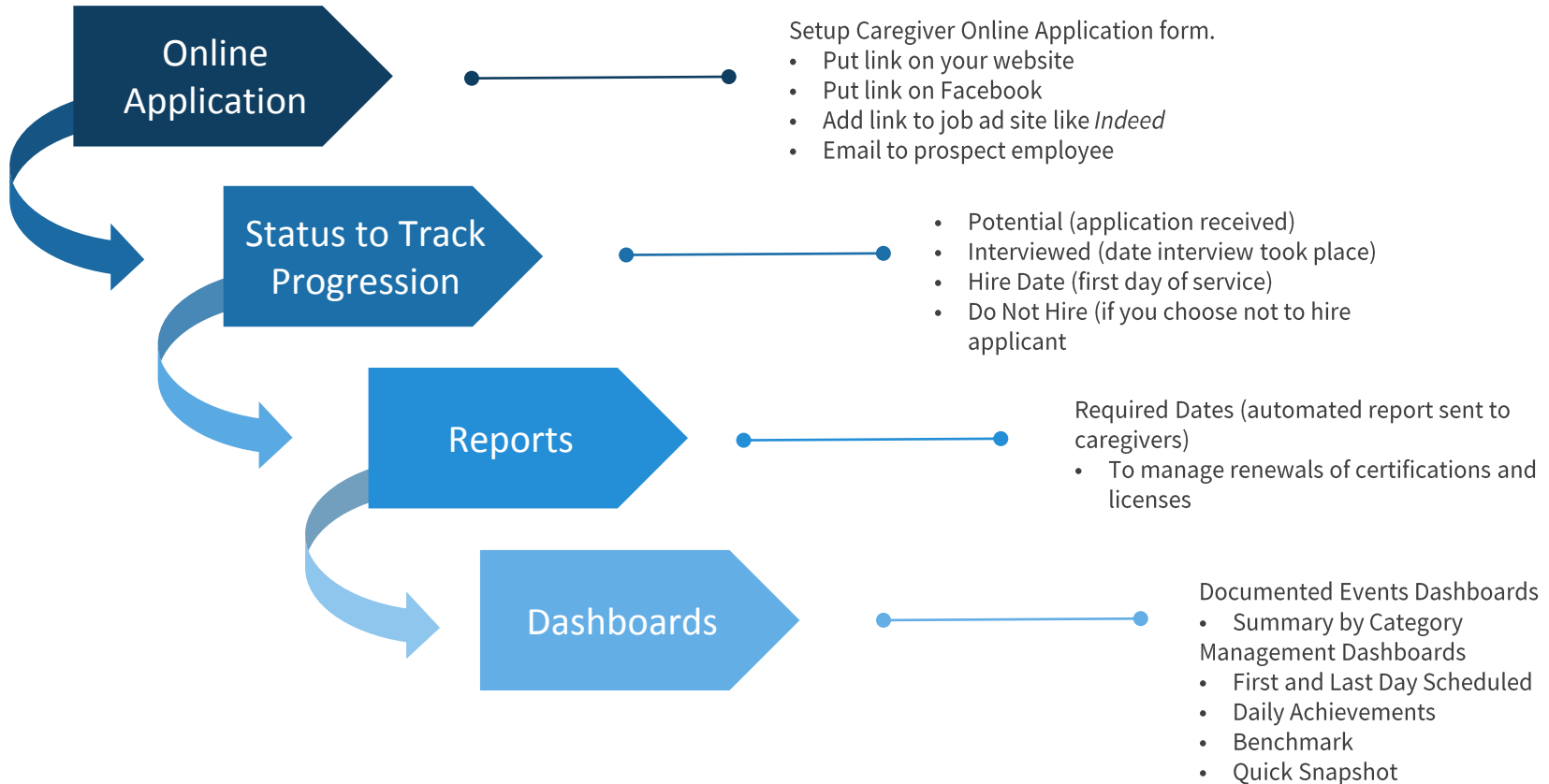
Client Referral Management (CRM)



Client Inquiry/Intake



Caregiver Hiring



Questions and Answers



Thanks For Watching



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