From: JP Human Resources
Bcc: JP Employee Announcement
Subject: Atomic Habits Update: Zoom Info and Questions
Date: Monday, May 17, 2021 8:40:00 AM

Hello, Atomic Habits Book Club!

For those of you who've received your book, I hope you've jumped right in. If you've not had a chance to pick up your copy, happy to get it in the mail to you or meet you on campus. Please let me know what works best.

Please don't feel as if you need to have read the book in its entirety to participate in the discussion. Even if you haven't read a word prior to the Zoom call, it's okay. This is about getting together and talking about positive steps we can each take toward good habit formation.

Notes:

- Zoom meeting is Tuesday, May 25th from 11a-noon, **not** Monday, May 24th as previously mentioned. Here's the Zoom link:

  https://us02web.zoom.us/j/84508314590?pwd=bFgyRGJWNHBqb28zTU8zWnFFMmIwQT09

  Meeting ID: 845 0831 4590
  Passcode: 128626

- Here are some questions to guide our conversation. Please give each some consideration.

  - What are one or two habits you have tried to develop or break recently? Were you successful?

  - Were the changes you made system based or goal oriented? In what way?

  - What is a new habit you'd like to start?

  - What small (1%) improvements in behavior can you make that will compound to allow you to reach the desired result?

  - What is one daily new habit you wish to form?

  - When would this new habit best fit into your day?

  - To practice implementation intention, what is the specific formula you can create to cue this new behavior ("When X occurs, I will do Y" or "At X time, I will do Y")?

  - What are one to three current behaviors that relate to this new behavior? What are the rewards of these behaviors?

- To practice habit stacking, how can one of these rewards become a cue for your new behavior?

That's it for now. Looking forward to all of it with all of you. Reach out with any questions. Contact info is below, including my cell phone number, if you'd like to give me a call or text.

Thanks, everyone.
-Melissa

Melissa Sheffer | Director of Rooms & Community Engagement
Jay Peak Resort
830 Jay Peak Rd
Jay, VT 05859

(O) 802-988-2611 x2744
(M) 970.343.9002