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**ART OF COACHING PODCAST™ EPISODE 218  
DR. WENDY WOOD: THE TRUTH ABOUT HABITS**

What have you heard or read in the past about habits? (not including this pod)

How does Dr. Wendy Wood define habits? What makes her definition different from other definitions you've heard?

Some argue that to change behavior or habits, first you must change someone's conscious thoughts around them. What's Dr. Wood's take on this subject?



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When trying to establish new habits, Dr. Wood recommends 2 things: making the routine or behavior easier and changing the context and cues around it. Describe how you've implemented these practices (or could implement them) in your life.

Talk about habits that you have, good or bad. Where do you think these began and why? What's your new plan of action to change them?



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
**[info@artofcoaching.com](mailto:info@artofcoaching.com)**



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