



THE 21-DAY PLAN

CHANGE YOUR HABITS, CHANGE YOUR LIFE: TAKE ACTION NOW!

A plan to replace bad habits with healthy ones to live a great life without pornography. This document draws heavily on the ideas of porn/sexual addiction expert **Craig Perra**.



How do you feel right now?

Are you here because your life feels chaotic or out of control? Maybe you and your partner are fighting and she/he doesn't trust you. You probably don't trust yourself if you know you need to quit and still haven't. Do you waste time, energy, and effort on porn—defending yourself, denying the problem, letting guilt, rage, or complacency control you?

Here's the brutal truth: ***Porn is a habit you created.***

You are NOT a victim.

We drew on ideas of life coach and pornography/sex addiction expert Craig Perra in creating this life-changing plan to get you started on a new, healthy life path. We reached out to life coach and pornography/sex addiction expert Craig Perra to help us come up with a plan to help you become accountable for your bad habit and get you started on a new path. Craig says that "in order to break a habit you have to make a habit."

Breaking the habit of using porn is possible by forming new, healthy habits. This plan utilizes mindfulness and connection with other people to build accountability strategies—which are the opposite of feeling victimized by this.

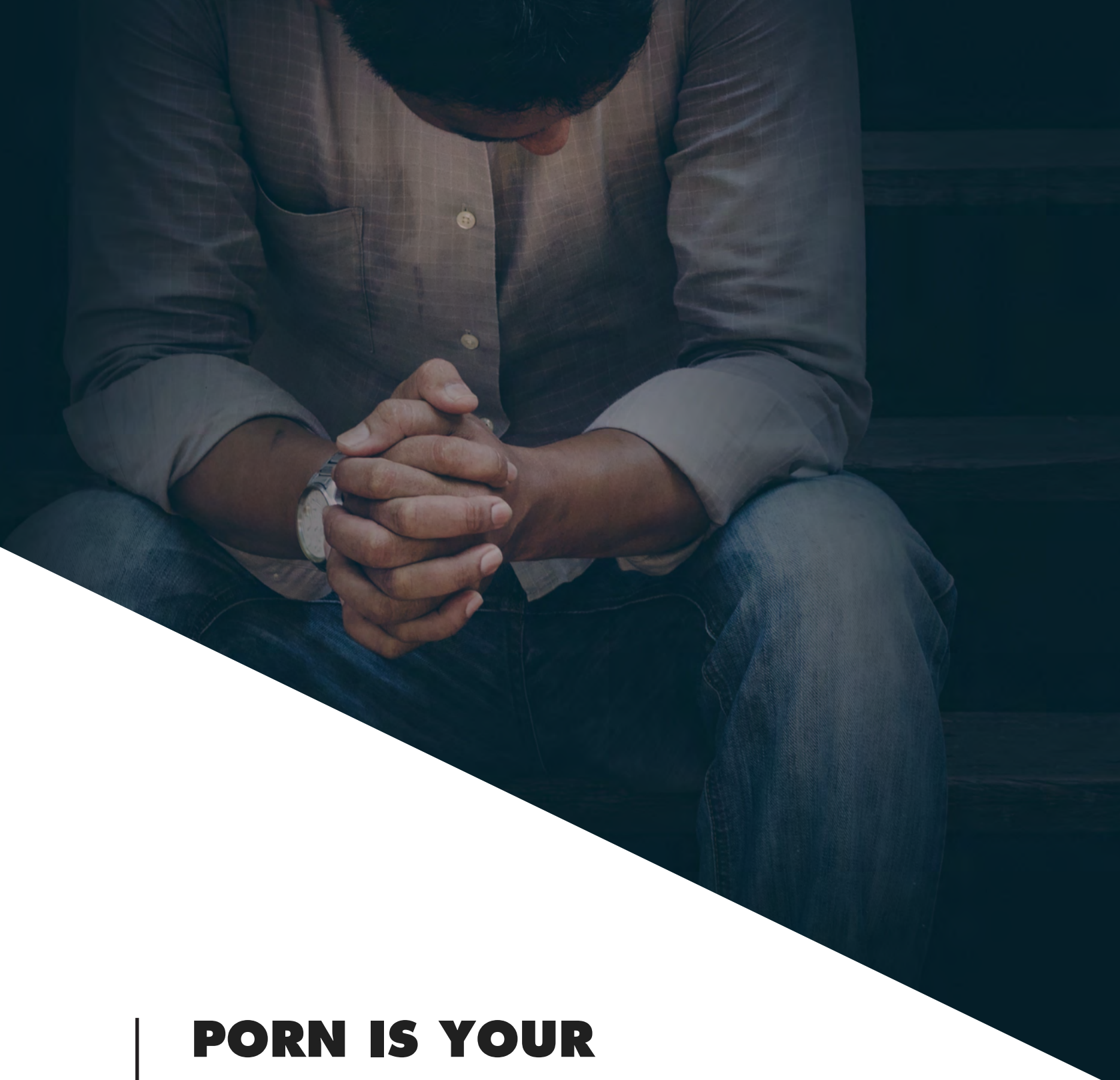
The 21-day plan we outline below is going to help you get off porn by jumpstarting habits that will completely improve your quality of life.

You are a person capable of living an amazing, fully engaged life.

It's time to embrace personal accountability.

As Craig says, "Life is too short to suck."

So let's do this.



PORN IS YOUR #1 BAD HABIT...

...THAT HAS SNOWBALLED INTO CREATING
LOTS OF OTHER BAD HABITS

BAD HABIT #1: PORNOGRAPHY

- > *Leads to* guilt, defensiveness, anger, shame, broken trust, relationship damage.
- > *Which leads to* many other bad habits:
Isolation, excessive screen time, poor health, poor sleep, self-destructive behavior.

WHEREAS

SELF CARE

Proper nutrition, hydration, sleep, exercise, mindfulness, asking for help.

- > *Leads to* forming healthy habits.
- > *Which leads to* connection, confidence, self-respect and no more pornography!

Your compulsive use of porn has become a bad habit that's making you complacent and accepting of a mediocre life. You've allowed it to take over, which causes you tons of negative thoughts, guilt, and self-doubt as you deal with it. All this negativity spills out into other areas of your life.

"OUR HABITS RULE OUR LIFE, GOOD AND BAD.
BAD HABITS PRODUCE MEDIOCRITY, MALAISE,
UNDER-ACHIEVEMENT, POOR PRODUCTIVITY,
AND OVERALL, A MISERABLE LIFE."

— Craig Perra

When you walk around guilty, angry, defensive, etc., you're more likely to eat terrible food, skip the gym, procrastinate work and so on because you subconsciously think that's what you deserve. Your self-care goes down the drain and you feel even worse about yourself.

Think about it: When you are waking up late, eating junk food, not exercising, not drinking enough water, constantly looking at porn or mindless crap on your phone... do you feel good about yourself? Do you like how you look in the mirror? Do you feel like starting that new business, having heart-to-hearts with your kids, making plans with great people?

Of course not.

Even worse, heavy porn use is compulsive—something habitually triggered by outside stimuli. In other words, if you started looking when you were bored, hungry, or at work then you always want to look when you're bored, hungry, or at work. The activity/environment/billboard/time of day triggers your porn use.

Another big trigger is when you're upset—mad, hurt, jealous, offended, sad, etc. Over time whenever you feel these things your habitual response starts to be “go look at porn” to ease the negative feelings.

So breaking free of your #1 bad habit will take some dedication because you've done a great job of making it difficult to quit. But once you start, you'll find that it gets easier.



**SETTING UP
THE 21-DAY PLAN**

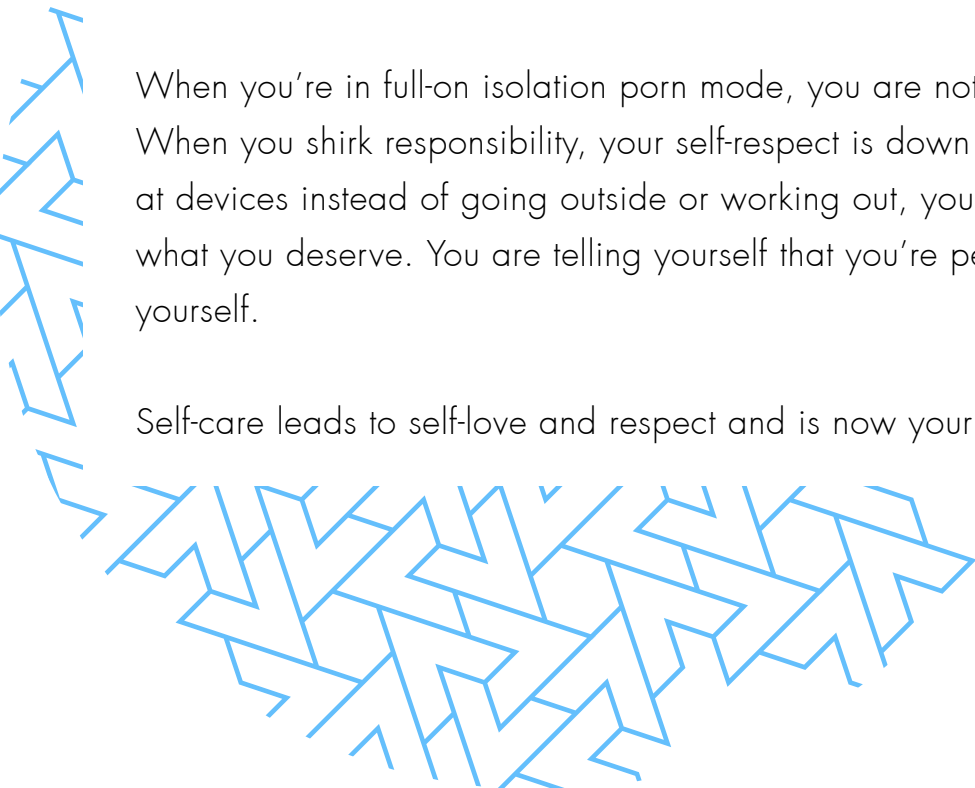


SELF-CARE IS NUMBER ONE

It is so important that bad habits are replaced with new ones that not only override the trigger to look at porn, but also get you feeling better about yourself.

Self-care is a CRITICAL step toward getting yourself away from pornography. You can't quit without it because you'll stay in the cycle of "watch porn, feel bad, eat/drink/distract to cope with feeling bad, spiral into negative thinking, watch porn to cope..."

Self-care is directly tied to self-love.



When you're in full-on isolation porn mode, you are not showing love for yourself. When you shirk responsibility, your self-respect is down the drain. When you stare at devices instead of going outside or working out, you are not giving yourself what you deserve. You are telling yourself that you're perfectly content to hate yourself.

Self-care leads to self-love and respect and is now your **number one** priority.

SELF-CARE: HOW TO DO IT

Our plan is about implementing self-care to break you out of your bad habits.

Craig says:

"You prove that you love yourself, that you want the best for yourself, when you demonstrate it by taking care of yourself.

- You love yourself when you eat well.
- You love yourself when you sleep well.
- You love yourself by hydrating yourself well.
- You love yourself when you exercise.
- You love yourself when you are mindful.

Your quest to true accountability, accountability for yourself, comes from self-love practiced through rigorous self-care."

Here is why prioritizing this matters so much to living a great life:

Eating Healthy Food

- Eating well has been proven to improve your overall health.
- Studies prove eating nutritious meals makes you happier.
- Eating well also boosts your self-esteem and improves your brain.





Getting Enough Sleep

- Proper sleep helps you with learning.
- During sleep you strengthen memories or “practice” skills learned while you were awake.
- Proper sleep can make you live longer and improve your emotional life and creativity.
- Good sleep lowers stress and enhances emotional stability.

Drinking Plenty of Water

- Lose weight.
- Live longer.
- Protect you from heart attacks.
- Prevent headaches.
- Ensure that you are giving your body what it needs to function at its best.

Exercising Regularly

- Exercise improves your health and can prevent deadly diseases.
- Physically active men have a 30% to 40% reduction of relative risk to colon cancer as compared to their inactive counterparts.
- Exercise can relieve stress and eliminate depression.
- Exercise can boost your confidence - this effect of exercise appears to be more potent in those who have lower self-esteem.
- Exercise can improve your sex life. It helps you be a better lover.



Practicing Mindfulness

- It protects your brain.
- It helps you feel less stressed.
- It makes you a better person.
- It helps you better control your emotions and moods.
- It helps you sleep better.
- Is a key to win with Compulsive Behavior.

As you can see, by working on these five areas you can't help but begin feeling better, acting better, and breaking bad habits by giving yourself what you deserve—self-love through self-care.

ACCOUNTABILITY TO ANOTHER PERSON

It is so important that you share your struggle with another person. This is really hard for most people because of the way pornography affects our culture. People don't want to reach out because they feel

- a. ashamed about themselves
- b. embarrassed to make a deal out of it
- c. afraid of rejection
- d. embarrassed in general
- e. combination of the above.

Our culture normalizes pornography by making it seem stupid, lame, or "unmanly" to bring it up to another dude as a problem. Because of hypermasculine BS like this the problem remains and continues dragging people down. Reaching out to a friend and telling them what you're doing not only removes the stigma of your secret but allows your friend to take the issue seriously—even to open up themselves about their own struggle.

Accountability requires honesty to yourself and a partner to help keep you on track. We all need help and reaching out will 100% make this process more doable for you.

ACCOUNTABILITY THROUGH MINDFULNESS

We know that bad habits equal bad results.

But guess what: *Mindfulness is the opposite of habit.*

Mindfulness is about pausing and paying attention on purpose, in the present moment, without judgement and NOT automatically reacting to external stimuli. It is about holding yourself accountable to your thoughts and actions. It's about taking a minute to breathe, to unplug from the habit-filled daily routines and being present.

Practicing mindfulness will 100% change your life. It will keep you focused on self-care and away from porn.

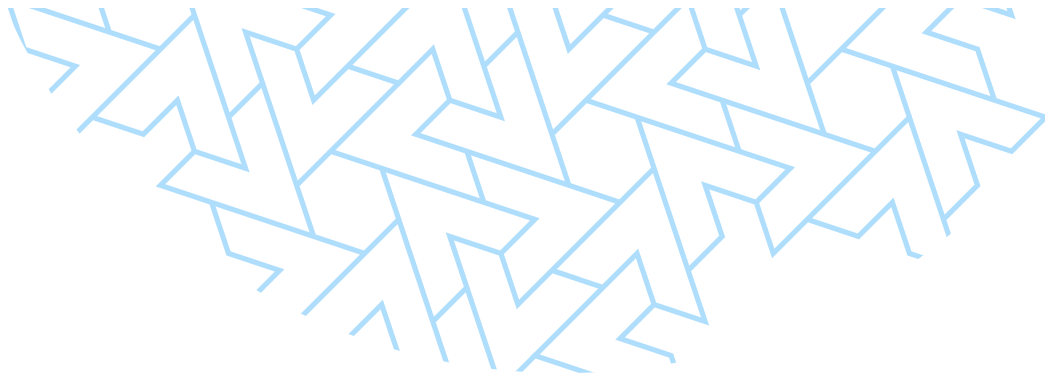
MINDFUL BREATHING

Here is an easy mindfulness exercise that I want you to do right now. It's one that Craig does with his one-on-one clients. You can do it anywhere and it's powerful.

- Sit down, hold your back straight, close your eyes almost all the way, put your hands in your lap, and breathe.
- Breathe and count your breaths to 10. It's that easy.
- Focus ONLY on your breaths and counting.
- Breathe in, out - one; in . . . out . . . two.

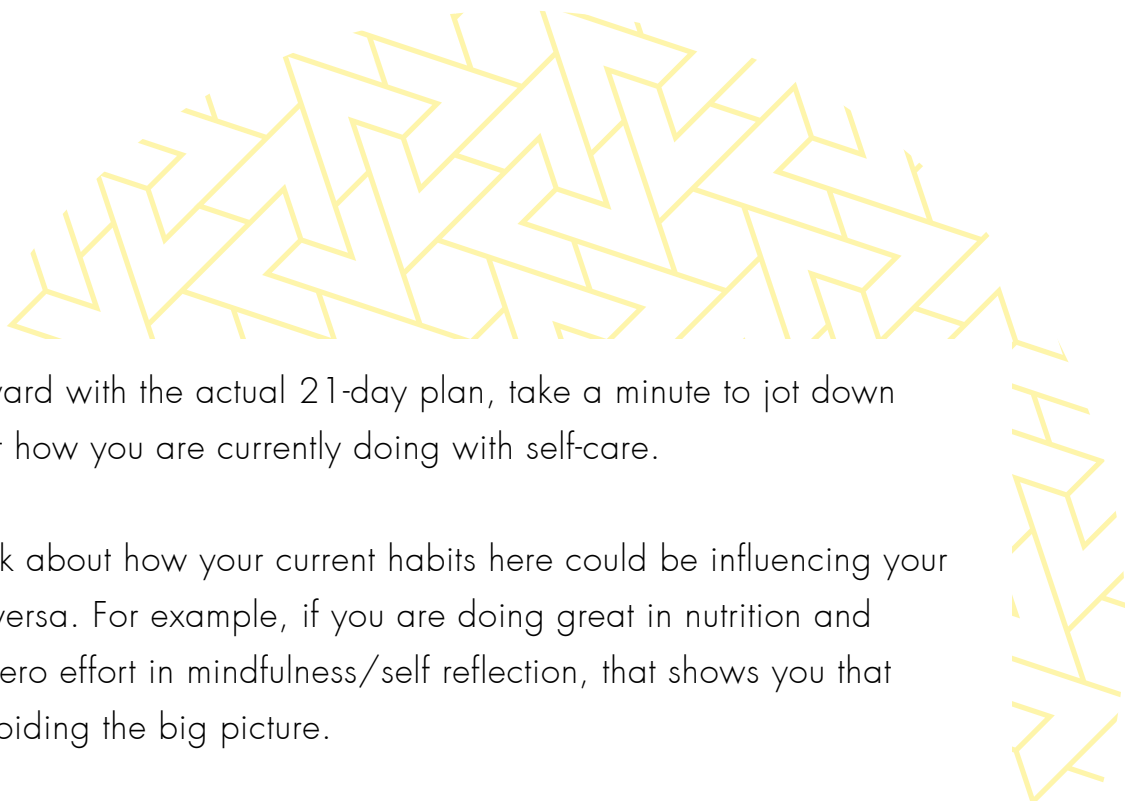
Watch how quickly the mind starts racing and thinking of other things. Most people can't get to three or four their first try. When you get distracted and lose count, gently bring your focus back to your breaths and the counting. Breathe, and count your breaths . . . that's it.

Do this for 10 minutes a day - see how high you can count before your mind wanders. Even if it feels like it's not helping I promise it is! This is a MUST and it's easy.





SELF
ASSESSMENT



Before moving forward with the actual 21-day plan, take a minute to jot down your thoughts about how you are currently doing with self-care.

Be honest, and think about how your current habits here could be influencing your porn use and vice versa. For example, if you are doing great in nutrition and exercise but have zero effort in mindfulness/self reflection, that shows you that you're probably avoiding the big picture.

Or if you eat an entire bag of white cheddar Cheetos after watching porn, your mindless unhealthy eating habits are contributing to your mindless porn use.

Maybe you stay up too late at night and inevitably go to pornography. Everything is connected here.



What negative patterns have you created that get in the way of quitting porn in each of these categories?

Sleep

Hydration

Exercise

Nutrition

Mindfulness

What is 1 new healthy habit you WILL create in each of these categories to support your recovery?

Sleep

Hydration

Exercise

Nutrition

Mindfulness

THE PLAN:

WHAT GETS MEASURED GETS DONE

We're going to help you get your life back on track with three simple steps.

STEP 1

FIND AN ACCOUNTABILITY PARTNER

The first part is to reach out to someone you trust—a sibling, parent, pastor, neighbor, or good friend who cares about you and will hold you to your word. Sometimes this is a spouse, but since spouses/partners are often the ones who deal with the heaviest negative results of your porn habit, be sure to ask them first if they want to be the ones helping you stay accountable. Otherwise, moms, dads, brothers, sisters, therapists, and pastors are all good choices.

The goal with step 1 is to connect and get all of this out in the open. Did you know that the opposite of addiction is connection?

Let me repeat that: The opposite of addiction is connection.

This trusted friend is your new accountability partner. You will have regular conversations with them throughout the 21 days about how you're doing. We recommend agreeing on a nightly check in, where you send them a text or email to report how you did that day on your fundamental five areas.

Your accountability partner is there to help you keep yourself on track. Ask them to nudge you if you don't check in. Ask them to be positive and supportive while you work on a better version of yourself.



STEP 2

MEASURE YOUR PROGRESS FOR 21 DAYS ON THE SCORECARD & REPORT TO PARTNER

Step two starts with printing out the “21 Days to New Habits” scorecard below and commit to being accountable to yourself in the five areas that Craig has outlined as fundamental for forming new habits. This chart’s purpose is to help you start tracking where you are running on autopilot and consciously making changes.

Research shows that it takes 21 days to form new habits. So for 21 days, score yourself between 1-4 on each of the five areas: eating, sleeping, drinking, exercising and practicing mindfulness. For 21 days check in with your accountability partner and report on your behavior. Talk to your accountability partner about how you did that day with porn too. Keep a personal log of how often you looked at porn. Hold yourself accountable by writing it down. Do your very best! Ditch fast food, drink plenty of water, hit the gym or trails, and do your mindful exercises.

21 DAYS TO NEW HABITS

	Eating	Sleeping	Hydration	Exercise	Mindfulness
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					
Day 15					
Day 16					
Day 17					
Day 18					
Day 19					
Day 20					
Day 21					

Score yourself between 1 and 4 in each of the fundamental five areas daily.

STEP 3

RECORD YOUR RESULTS & MAKE A NEW PLAN

After 21 days take a look at your results. Assess how you feel. Add up your scorecard and determine what areas of your health you still need to work on. Remember, when you bring acute and careful attention to the habits in your life that are holding you back, you realize that you are probably depriving your body and mind of the basic things that it needs to function properly.

You will have been accountable for your actions for 21 days. That is a really, really great start.

You will be actively pursuing self confidence, self esteem, and self love.

You will be replacing the bad habit of porn with new, healthy habits.

You will be mindful of what is going on in your life, your head, and your heart.

When you're finished, shoot us an email and tell us how you did!

To elevate your recovery the next step is downloading our software on your devices, which will report the websites and apps you look at to that same trusted friend you already are connecting to. We will help you take your progress to the next level and get you off porn for good.

In fact, 93% of Ever Accountable users have completely quit and are experiencing better lives.

Don't lose the progress you've made:

Sign up now at **www.everaccountable.com**

Remember, you're not a victim of life circumstances—you are completely capable of following through with excellent choices. Keep these new habits strong! If you need a little more insight into your own behavior, fill out the postassessment below for insight and direction.

What positive patterns have you created over the last 21 days that have helped you improve in these 5 areas?

Sleep

Hydration

Exercise

Nutrition

Mindfulness

What is 1 new healthy habit you WILL long-term commit to in each of these categories?

Sleep

Hydration

Exercise

Nutrition

Mindfulness



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www.themindfulhabit.com