

Week 2 - Lesson 1 Summary

- A process is a group of systems.
- Good processes are almost always behind success.
- All processes have repetition.
- Habits help solve recurring problems.
- Human behavior is actually quite predictable.
- Fogg Behavior Model: Behavior = Motivation Ability Trigger
- Always work with human nature, not against it.
- Characteristics of a successful process:
 - A. Has to be progressive, start small and build.
 - B. Can be implemented on the fly.
 - C. Customized for YOU.
 - D. Does not rely on willpower.
- Processes succeed because of design.
- People who seem super motivated usually have good processes in place.
- A process is 100% responsible for success.