Perf Tune Your Life with Atomic Habits

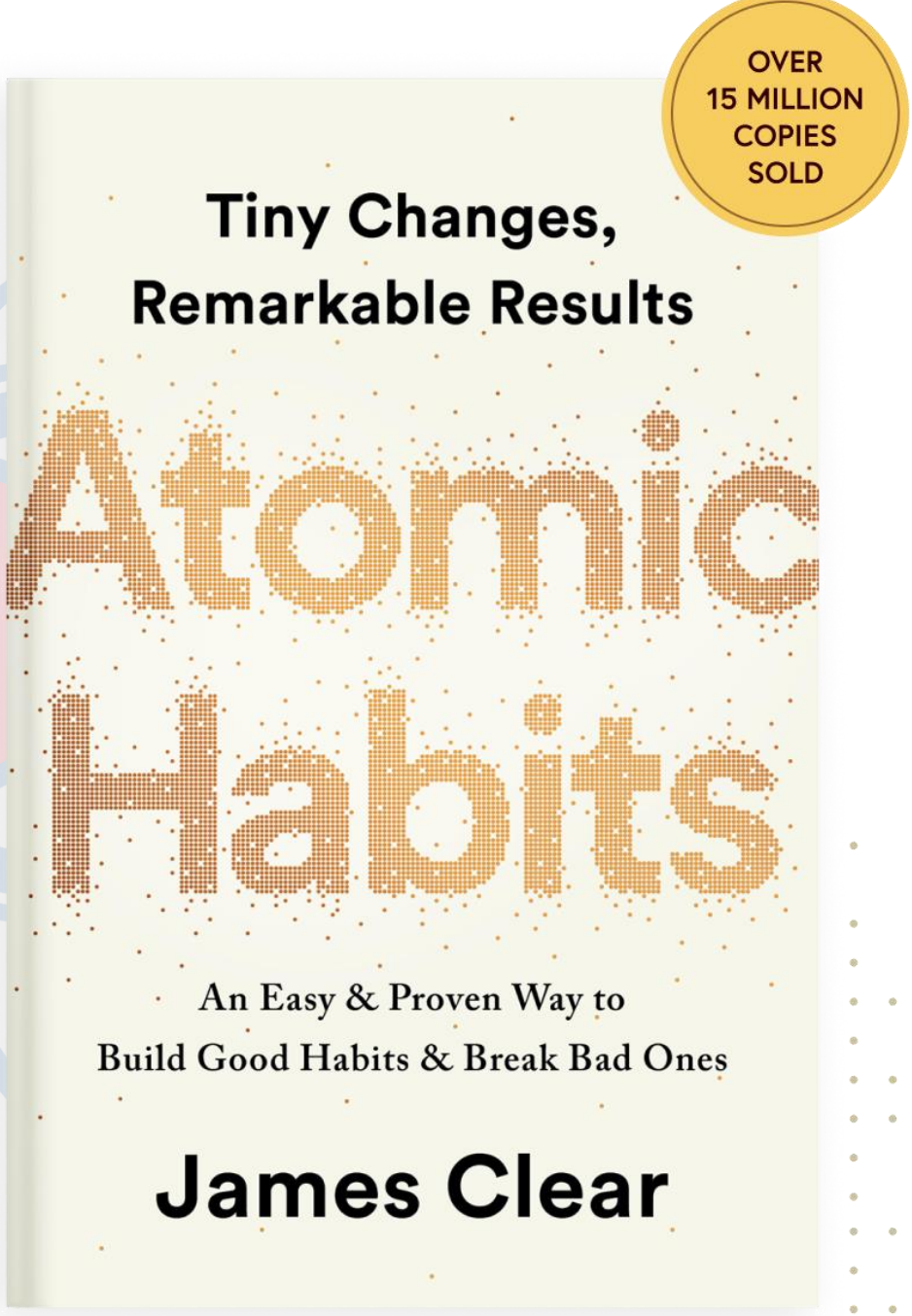
Optimizing Success Through Daily Habits

Tracy Boggiano
Database Superhero
Date: 2024 January

SELECT your goals,
INSERT effective habits,
DELETE obstacles and setbacks and
UPDATE your life for success!

Atomic Habits by James Clear

https://jamesclear.com/atomic-habits



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I usually can be found trying to make a difference somewhere…

Microsoft Most Valuable Professional

North Carolina GUARDIAN AD LITEM A CHILD'S ADVOCATE IN COURT

Foster Family Alliance of North Carolina

Disability Rights North Carolina

Mental Health FIRST AIDER

SPEAKING MENTORS People who enjoy mentoring new speakers

TriPASS SQL Server User Group · NC

DATA PLATFORM DIVERSITY EQUITY INCLUSION

PASS PASSION AWARD

OPEN SOURCING MENTAL ILLNESS · STRONGER THAN FEAR

WITSPIRATION

Today's Agenda

1. **Initialize Connection**: Understanding the Concept
2. **Setting Up Tables**: Goals vs. Habits
3. **Indexing Your Life**: Creating Effective Routines
4. **Transactions & Commitments**: Accountability in Habits
5. **Optimization & Performance Tuning**: Continuous Improvement
6. **Stored Procedures**: Building Consistent Rituals
7. **Backup & Recovery**: Handling Failures and Setbacks

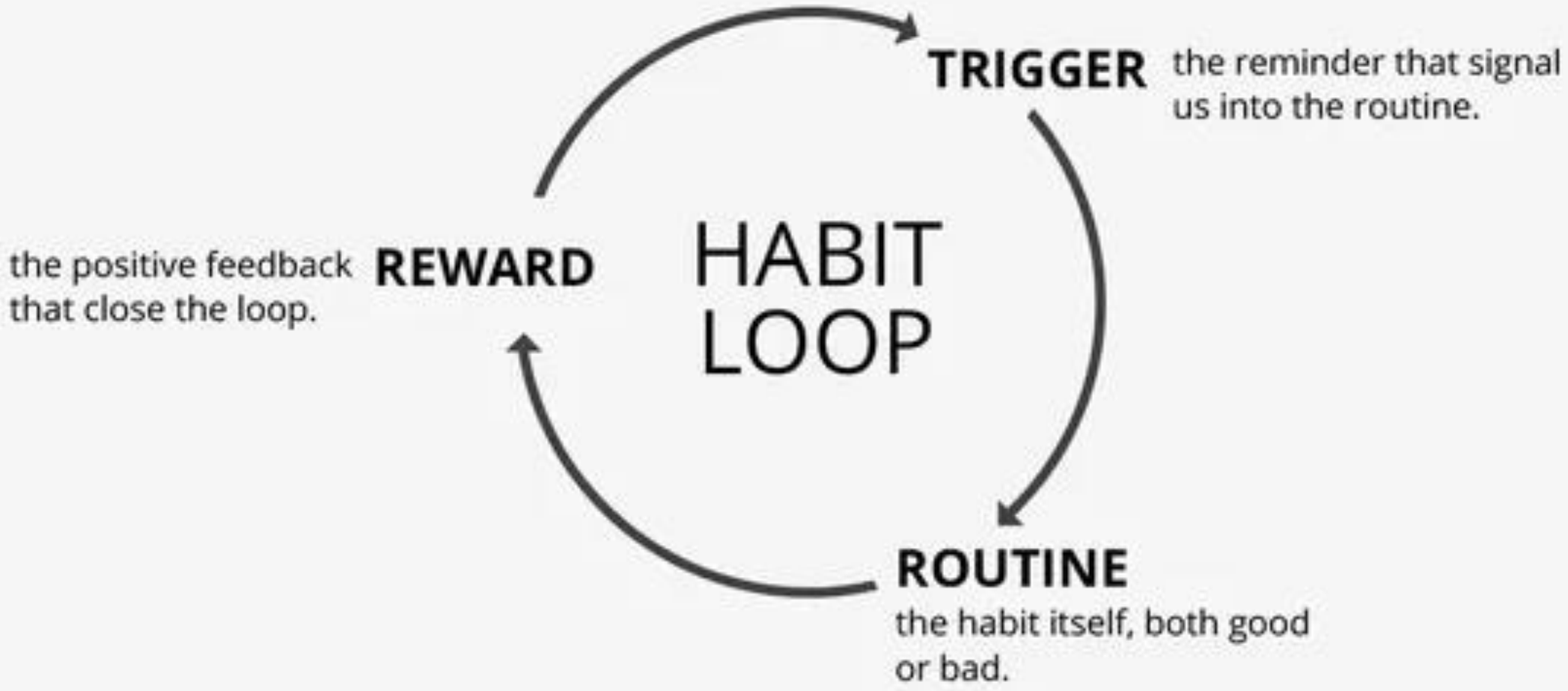
01

Initialize Connection:

Understanding the Concept

The Concept of Habits in Life

- Definition of Habit
- Connection with Personal Growth
- Habits vs. Routines
- Building Blocks of Success



http://idea4today.blogspot.com/2018/08/the-power-of-habit-1-habit-loop-how.html

Understanding the Building Blocks of Success

- Positive vs. Negative Habits
- Habits and the Brain
- Habits in the Context of SQL and Databases

Indexes optimize database searches, and habits optimize our search for a better life.

The Habit Loop vs. SQL Query Structure

- Trigger: Something that initiates the habit

```
SELECT * FROM environment
WHERE stimulus = '[specific stimulus]';
```

- Response: The actual behavior or action in response to the trigger

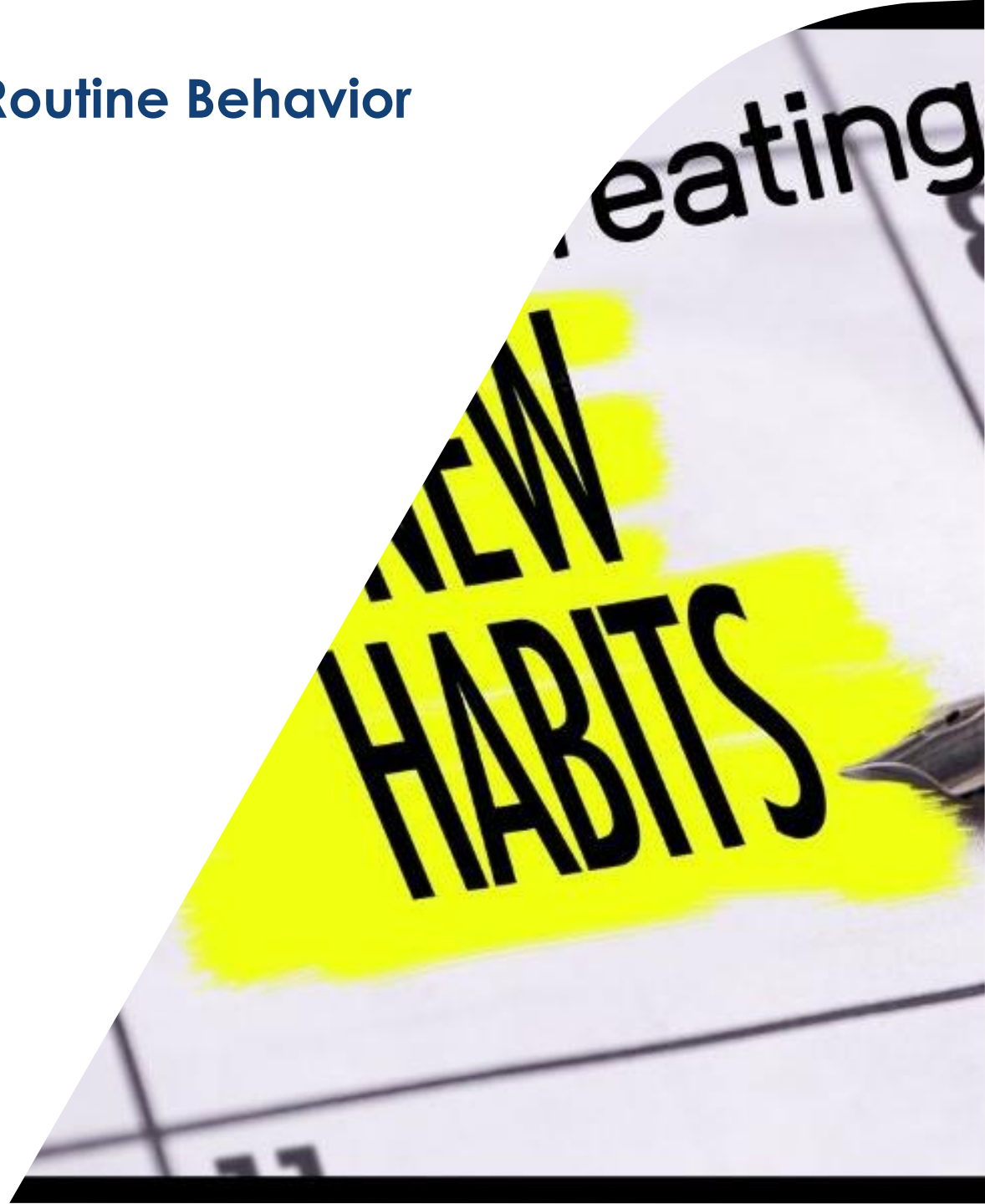
```
INSERT INTO actions (behavior)
VALUES ('[specific behavior]');
```

- Reward: The positive feedback or reinforcement that makes the habit loop more likely to be executed in the future

```
UPDATE rewards SET frequency = frequency + 1
WHERE behavior = '[specific behavior]';
```

How Database Principles Reflect Our Routine Behavior

- Database Tables as Life Goals
  - Goals
  - Tables
  - Connection
- Habits as SQL Queries
  - Habits
  - Queries
  - Connection



We always overestimate the change that will occur in the next two years and underestimate the change that will occur in the next ten. Don't let yourself be lulled into inaction.

Bill Gates

02

Setting Up Tables:

Goals vs. Habits

The Importance of Habits

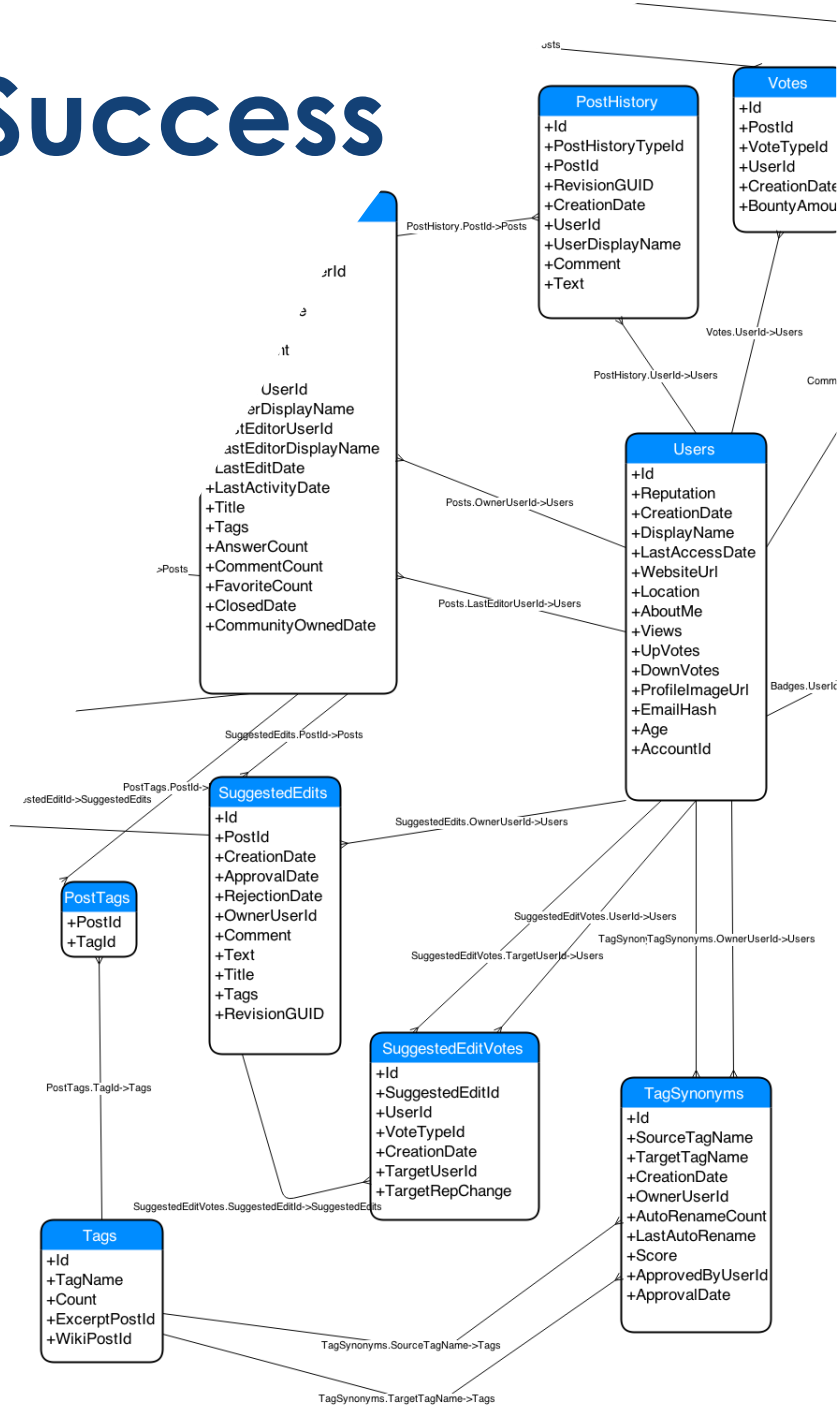
- Database Analogy
- Habits as Building Blocks
- Impact on Life's Goals

Every action you take is a vote for the person you wish to become.

James Clear

Goals as Tables - Structuring Success

- Introduction to Goals as Tables
- Connection with Databases



Structuring Goals Effectively

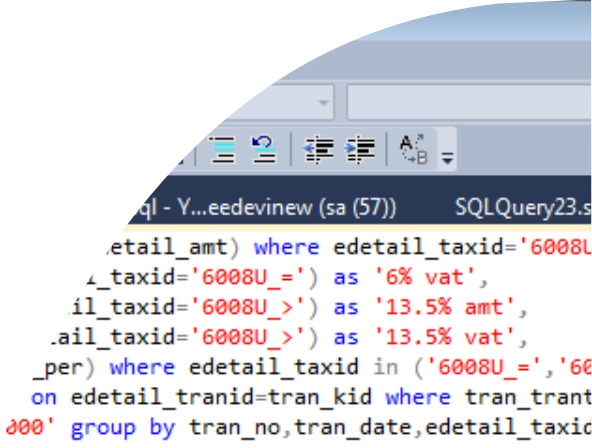
S	M	A	R	T
Specific	**Measurable**	**Actionable**	**Relevant**	**Time-Bound**
What exactly are you trying to achieve?	How will you know you have achieved it?	Is it genuinely possible to achieve it?	Does it contribute to your life's goals?	When do you want to achieve it by?

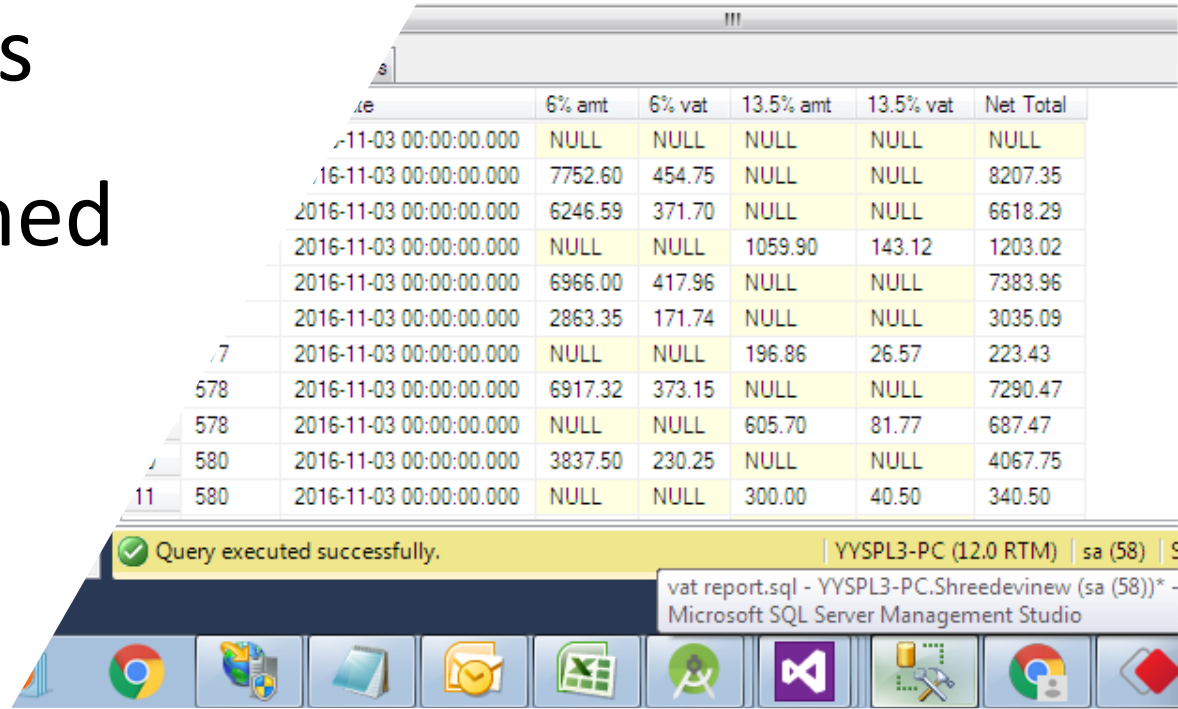
Setting goals is the first step in turning the invisible into the visible.

Tony Robbins

Habits as Queries

- Introduction to Queries in Databases
- Connection to Habits
- Examples of Habits as Queries
- The Importance of Well-Defined Habits (Queries)





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	16-11-03 00:00:00.000	7752.60	454.75	NULL	NULL	8207.35
	2016-11-03 00:00:00.000	6246.59	371.70	NULL	NULL	6618.29
	2016-11-03 00:00:00.000	NULL	NULL	1059.90	143.12	1203.02
	2016-11-03 00:00:00.000	6966.00	417.96	NULL	NULL	7383.96
	2016-11-03 00:00:00.000	2863.35	171.74	NULL	NULL	3035.09
7	2016-11-03 00:00:00.000	NULL	NULL	196.86	26.57	223.43
578	2016-11-03 00:00:00.000	6917.32	373.15	NULL	NULL	7290.47
578	2016-11-03 00:00:00.000	NULL	NULL	605.70	81.77	687.47
580	2016-11-03 00:00:00.000	3837.50	230.25	NULL	NULL	4067.75
11 580	2016-11-03 00:00:00.000	NULL	NULL	300.00	40.50	340.50

Setting Up Success

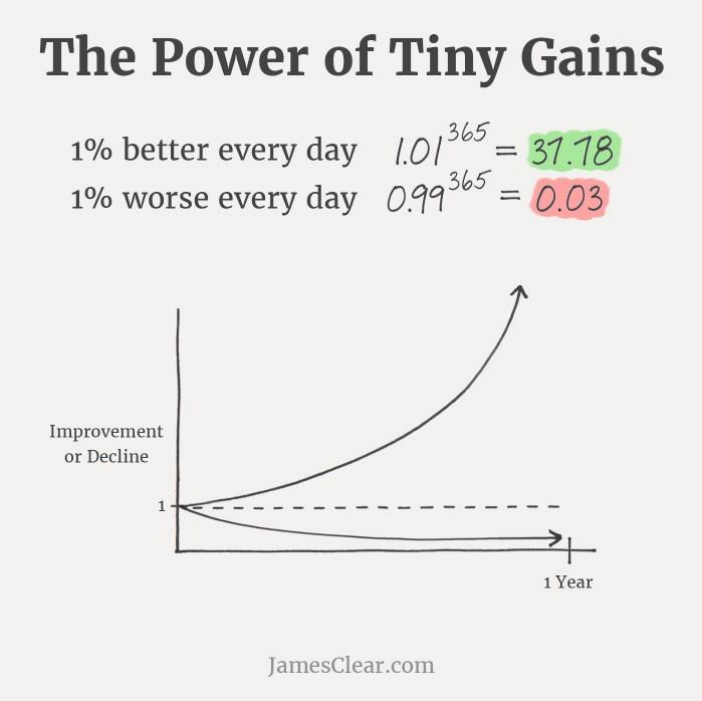
- Goals and Habits: Building Blocks of Success
  - Understanding the Relationship
  - Alignment
  - Consistency

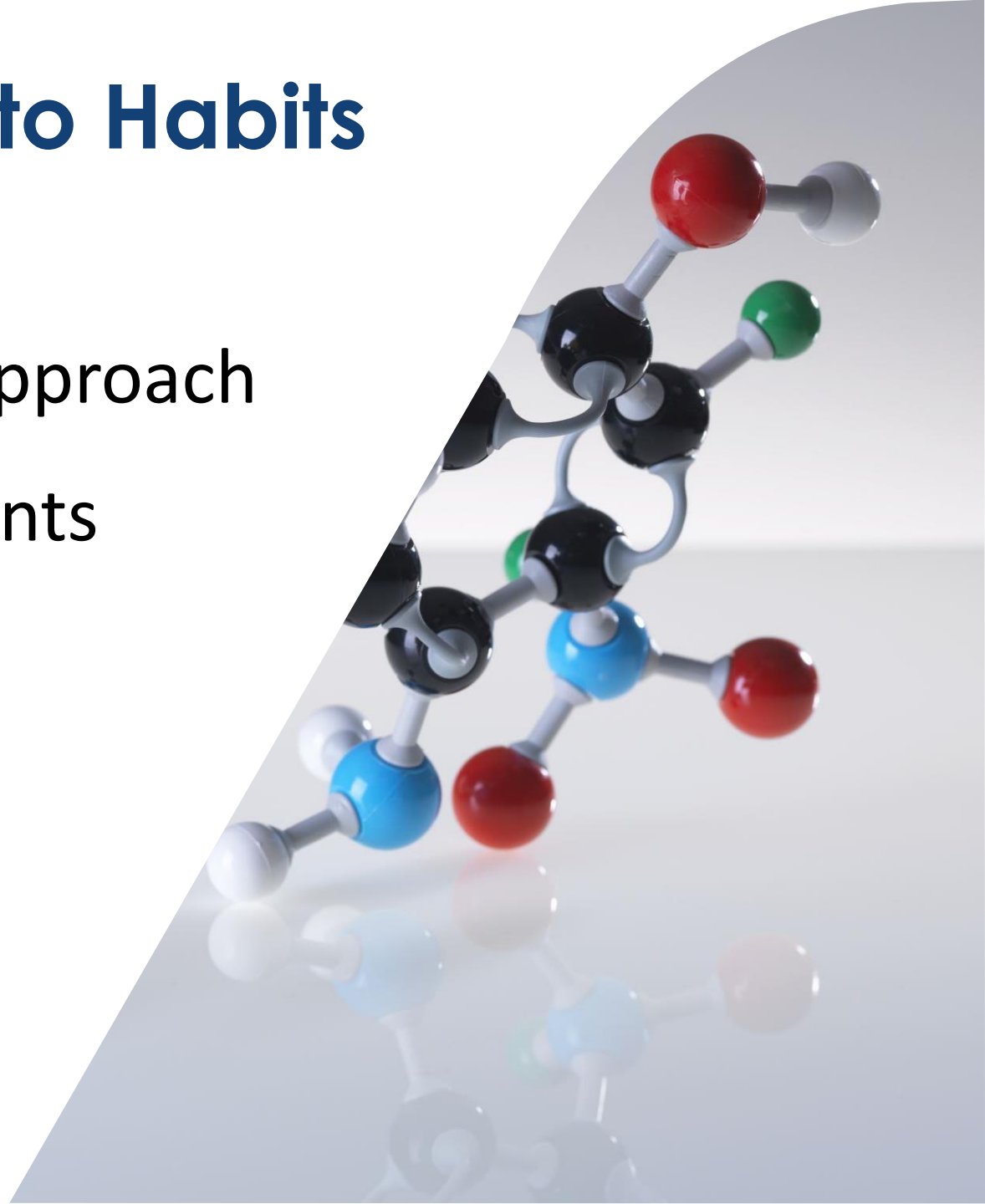
Setting Up Success (cont.)

- Strategies for Setting Up Success
  - Identify Clear Goals
  - Define Habits as Queries
  - Create a Habits Framework
  - Monitor and Adjust

The Atomic Approach to Habits

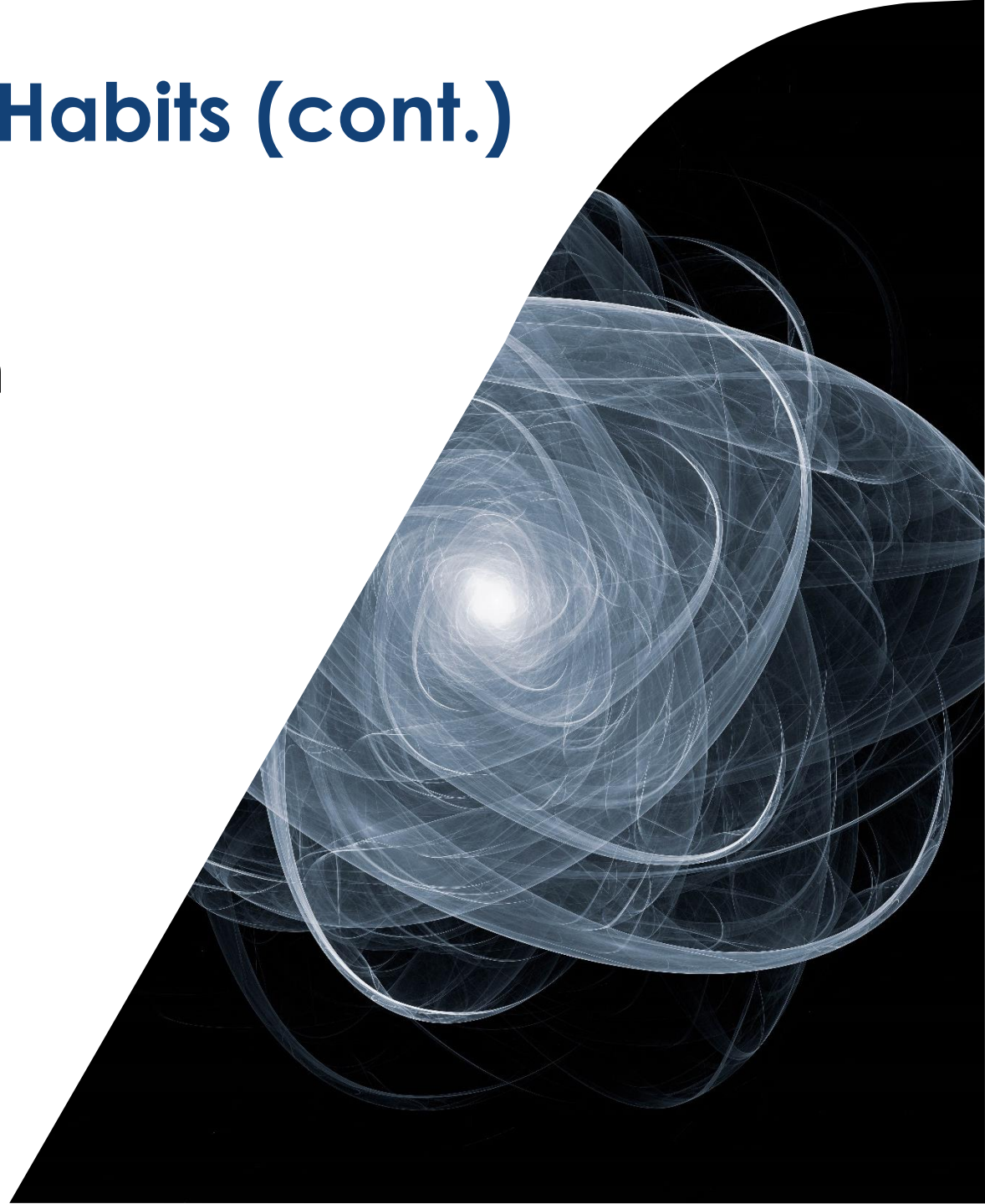
- Introduction to the Atomic Approach
- The Power of 1% Improvements





The Atomic Approach to Habits (cont.)

- Creating an Atomic Habit System
  - Start Small
  - Build Consistency
  - Measure Progress
  - Celebrate Success
- How Can You Apply This to Daily Habits



Small habits don't add up; they compound. That's the power of the atomic approach.

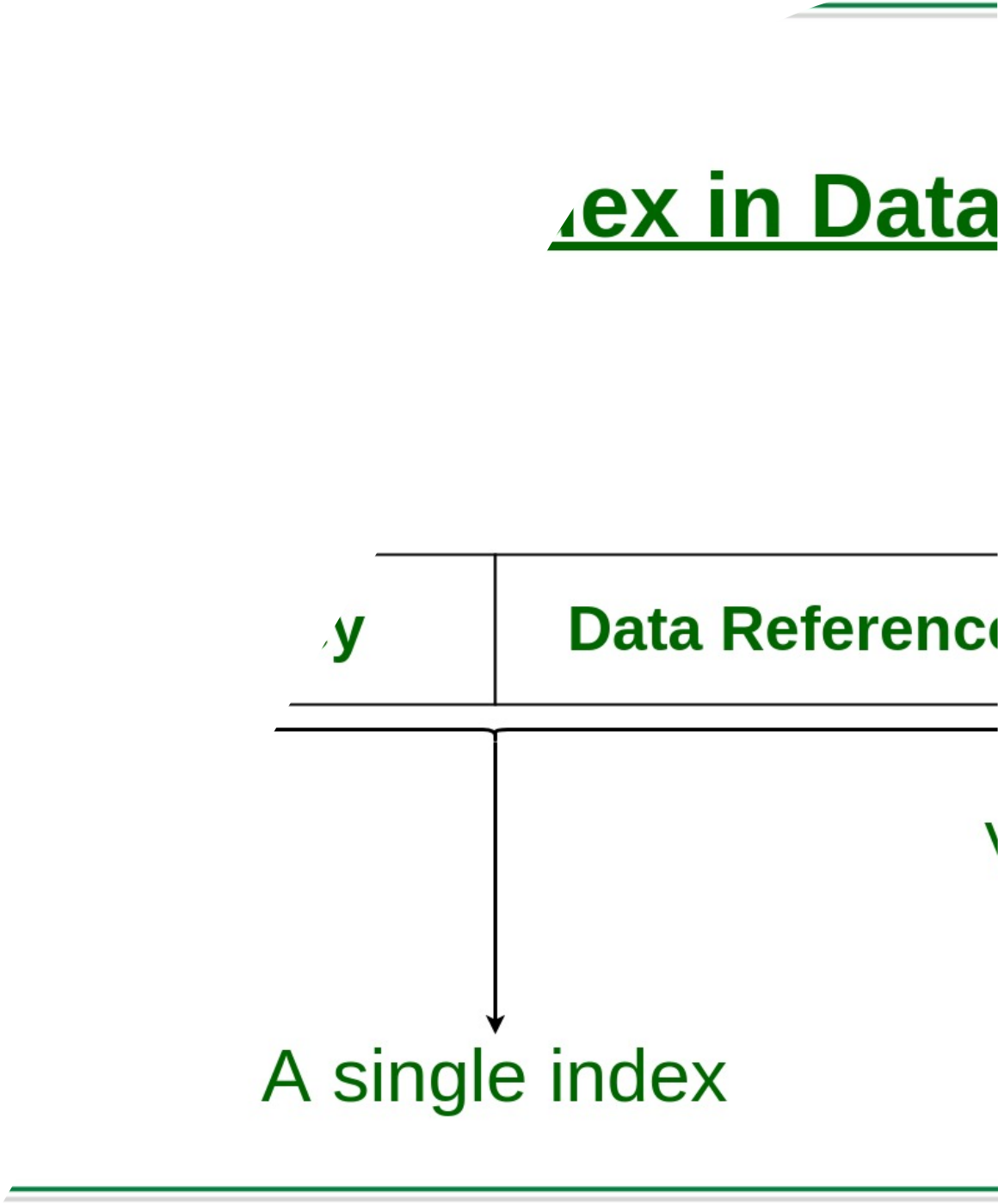
03

Indexing Your Life:

Creating Effective Routines

The Index of Life

- Introduction to Indexing
  - Definition
  - Importance
  - Relevance
- The Index of Life
  - Categorizing Life's Aspects
  - Prioritizing Goals
  - Mapping Out Routines



The Index of Life (cont.)

- Benefits of Indexing Your Life
  - Time-Saving
  - Increased Focus
  - Alignment with Values
- Practical Steps to Create Your Life's Index
  - Identify Major Life Categories
  - Rank Goals and Habits
  - Design Daily Routines

Building Habits like Indexing Systems

- Understanding the Parallel Between Indexing Systems and Habits
  - Indexing Systems
  - Habits
- Components of a Habit Indexing System
  - Categories
  - Prioritization
  - Alignment

Building Habits like Indexing Systems (cont.)

- Building Your Habit Index
  - Step 1: Identify Major Life Categories
  - Step 2: List Habits within Each Category
  - Step 3: Rank Habits by Importance
  - Step 4: Align Habits with Goals

Key Takeaway:

Organizing our habits like an indexing system enables us to live intentionally, make informed decisions, and achieve our most important goals efficiently.

Strategies for Effective Routine Creation

- Define Clear Objectives
- Create a Specific Plan
- Start Small
- Use Triggers and Rewards
- Embrace Flexibility

The Power of Routine: Creating a Personal Indexing System

- Introduction to Routine as an Indexing System
- Key Components of an Effective Routine
  - Clear Goals
  - Actionable Steps
  - Triggers
  - Monitoring
  - Reward System

The Power of Routine: Creating a Personal Indexing System (cont.)

- Examples
  - Daily Morning Routine
  - Weekly Planning Routine
- Benefits of Effective Routine Creation
  - Improved Focus
  - Increased Efficiency
  - Greater Resilience
  - Enhanced Well-being

The Power of Routine: Creating a Personal Indexing System (cont.)

- Tools & Resources for Routine Creation
  - Habitica
  - Structured
  - Habit
  - ClickUp
  - WaterNow
  - Calendar

Call to action:

Consider one area of your life where a structured routine could lead to increased efficiency and success. Start planning it today!

Implementing Your Personal Index: Strategies for Building Effective Routines

- Identify Your Needs
- Develop a Blueprint
- Choose the Right Tools
- Establish Triggers and Rewards
- Monitor and Adjust

Call to action:

Identify one routine that you can implement.

04

Transactions & Commitments:

Accountability in Habits

Transactions in Habits: A Commitment to Success

- Definition of Transactions
- Analogy to Habits
- Commitment to Habits
- Rollback Mechanism in Habits
- The Importance of Integrity

Key Takeaway:

Just as transactions in databases ensure data integrity, our commitments to habits ensure the integrity of our personal and professional growth. It's not merely about doing something repeatedly; it's about committing to a path that aligns with our values and goals.

Commitment and Consistency: The Foundations of Habit Formation

- Commitment Defined
  - Definition
  - Role in Habits
- Consistency and Its Importance
  - Definition
  - Role in Habits

Commitment and Consistency: The Foundations of Habit Formation (cont.)

- The Transactional Approach to Commitment and Consistency
  - Connection to Database Transaction
  - Consistency in Execution
- Strategies for Enhancing Commitment and Consistency
  - Setting Clear and Achievable Goals
  - Tracking Progress
  - Seeking Support

Commitment and Consistency: The Foundations of Habit Formation (cont.)

- The Pitfalls of Inconsistency
  - How Inconsistency Can Lead to Failure
  - Strategies for Avoiding Inconsistency

Tools and Accountability

- Tracking Tools
- Accountability Partners
- Setting Rewards and Penalties
- Visual Reminders
- Regular Reviews
- Connection to Database Transactions

05

Optimization & Performance Tuning: Continuous Improvement

The Need for Optimization

- Understanding Optimization
  - Definition
  - Application
- Why Optimization?
  - Efficiency
  - Effectiveness
  - Responsiveness

The Need for Optimization (cont.)

- Optimization in Database Management
  - Improves Query Performance
  - Reduces Resource Usage
  - Enhances User Experience
- Optimization in Life
  - Personal Growth
  - Achieving Goals
  - Enhancing Well-being

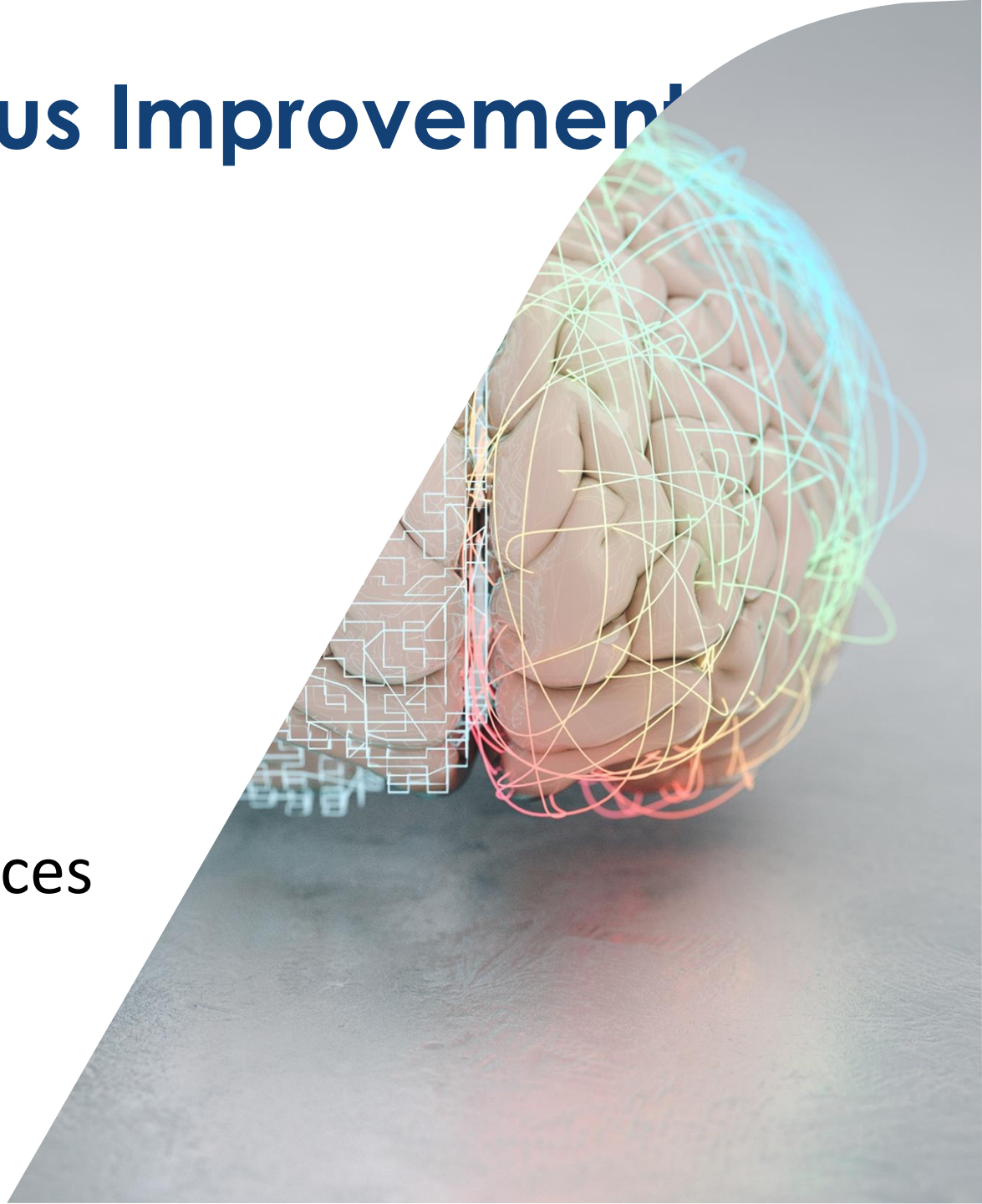
Performance Analysis

- Performance Metrics
- Analyzing Current Routines
- Comparison to Best Practices
- Tools and Techniques
- Application to Life

The first step towards improvement is understanding; only when we measure and analyze can we truly optimize and grow.

Strategies for Continuous Improvement

- Identify Improvement Areas
- Set Measurable Goals
- Implement a Plan of Action
- Monitor and Review Progress
- Leverage Technology and Resources
- Embrace a Growth Mindset



Improvement is not a destination but a continuous journey. It's about setting the stage for constant growth and building the resilience to adapt and innovate.

06

Stored Procedures:

Consistent Rituals

Understanding Stored Procedures in Life

- Stored Procedures in Databases
  - Definition
  - Benefits
  - Application
- Stored Procedures as Life Rituals
  - Connecting to Life
  - Building
  - Examples

Key Takeaway:

By understanding and implementing stored procedures in daily life, one can create efficient routines that foster positive growth and success.

Applying Stored Procedures to Daily Life

- What are Stored Procedures?
- Rituals as Life's Stored Procedures
- Consistency & Efficiency
- Customization for Success
- The Intersection of Discipline and Flexibility

Today, you're all programmers of your lives, writing the codes that shape our days and define your success.

Let's take a closer look at how you can construct your personal stored procedures to elevate your daily experiences.

Creating and Maintaining Rituals

- Identify Key Routines
- Align with Goals and Values
- Build Step by Step
- Maintain Flexibility
- Measure & Evaluate
- Consider Tools & Aids

Practical Rituals for Everyday Life

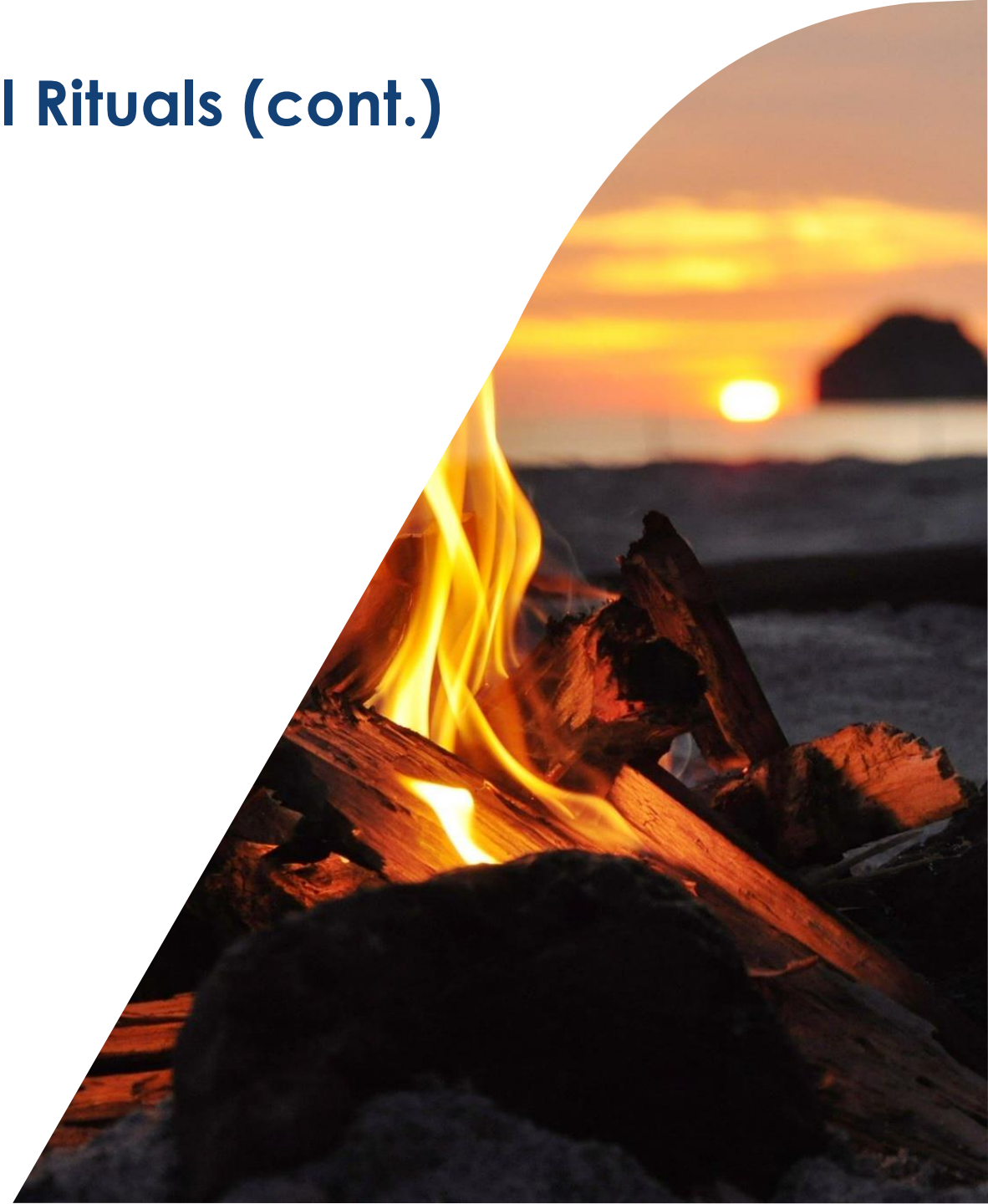
- Morning Routine
- Work-Start Routine
- Work-Shutdown Routine
- Evening Wind-Down Routine
- Weekly Review Routine
- Special Rituals for Specific Needs

Creating and Sustaining Personal Rituals

- Creating Your Ritual
  - Identify the Purpose
  - Choose a Time
  - Select Actions

Creating and Sustaining Personal Rituals (cont.)

- Examples of Personal Rituals
  - Morning Routine
  - Evening Wind-Down
  - Work-Shutdown Routine
- Maintaining Your Rituals
  - Consistency
  - Flexibility
  - Review and Revise



Creating and Sustaining Personal Rituals (cont.)

- Benefits
  - Provides Stability and Structure
  - Enhances Focus and Productivity
  - Supports Emotional Well-Being

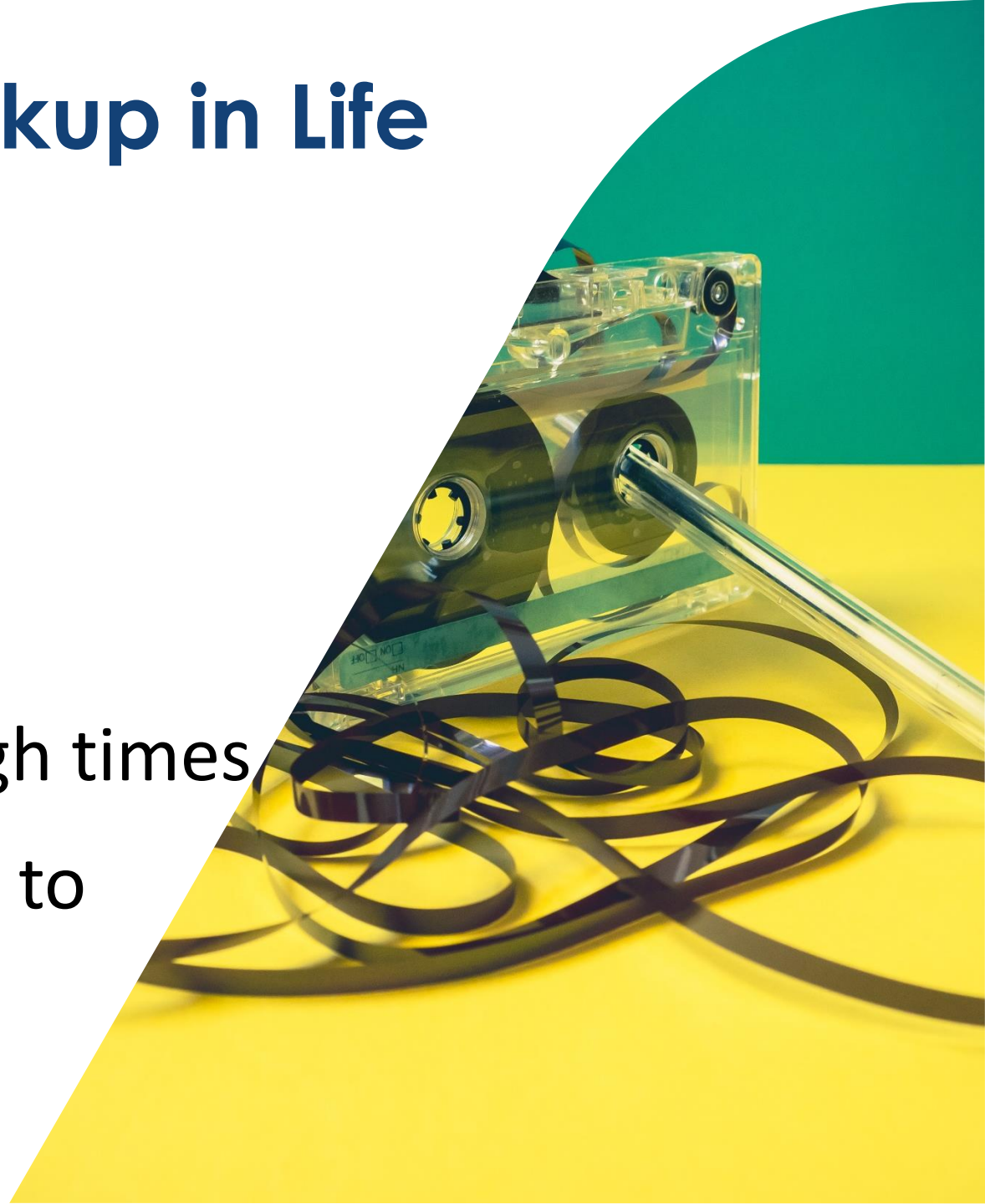
07

Backup & Recovery:

Handling Failures and Setbacks

The Importance of Backup in Life

- What Is a Backup in Life?
- Why Backup?
  - Enhances resilience
  - Reduces stress during tough times
  - Allows for a quicker return to normalcy



The Importance of Backup in Life (cont.)

- Types of Life Backups
  - Emotional Backup
  - Financial Backup
  - Career Backup
  - Health Backup

By failing to prepare,
you are preparing to fail.

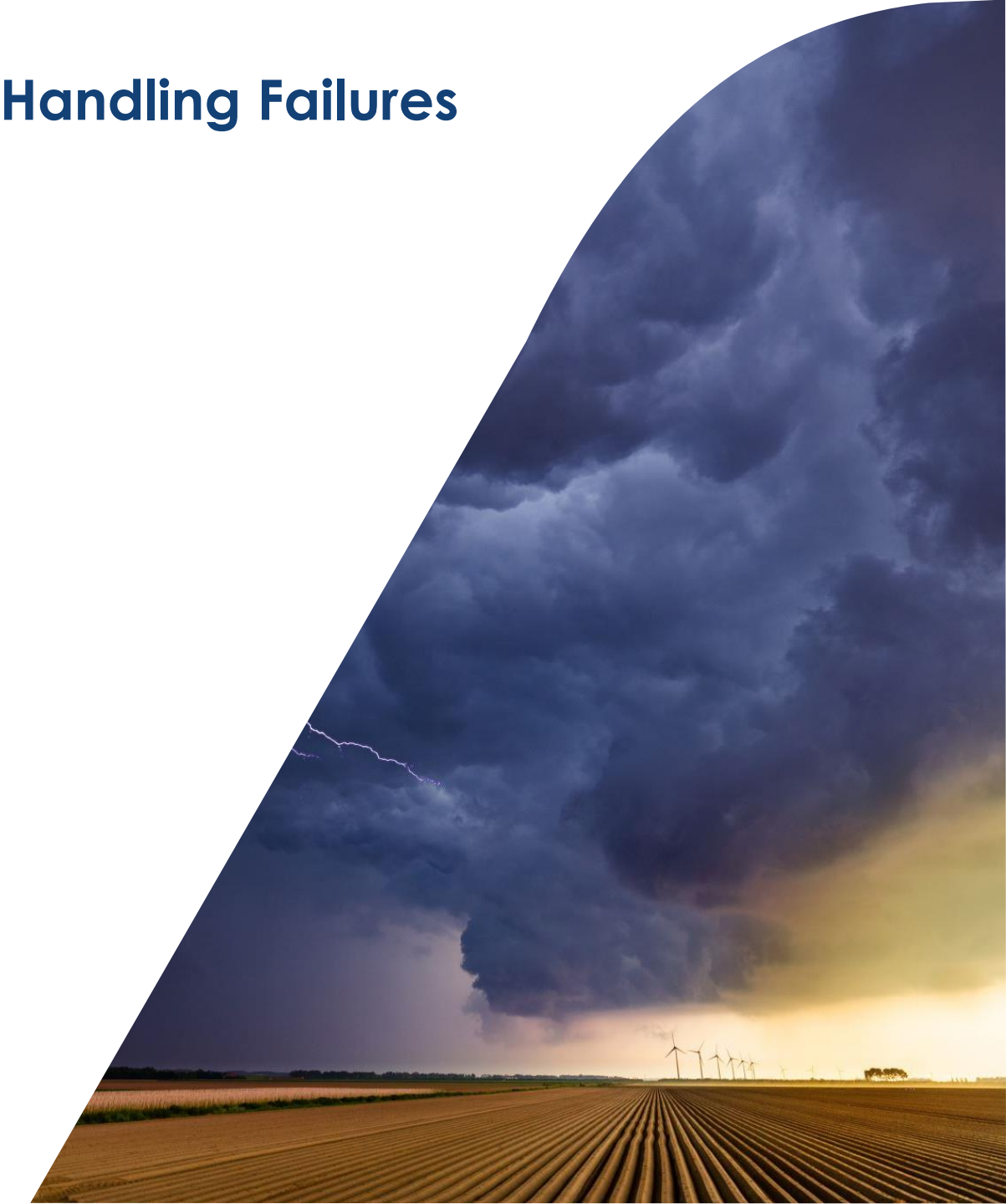
Benjamin Franklin

The Importance of Backup in Life (cont.)

- Creating Your Backup Plan
  - Identify areas of vulnerability
  - Develop strategies tailored to those areas
  - Regularly review and adapt your plan

Navigating the Storm: Strategies for Handling Failures

- Understanding Failures
- Common Life Setbacks
- The Resilience Approach
  - Identify the Setback
  - Analyze and Learn
  - Seek Support if Needed



Navigating the Storm: Strategies for Handling Failures (cont.)

- The Resilience Approach (cont.)
  - Create a Recovery Plan
  - Stay Flexible
  - Celebrate Progress

Setbacks are just learning experiences, pushing us closer to our goals.

Unknown

Building Resilience After Setbacks

- Understanding Resilience
- Strategies to Build Resilience
  - Reflect and Learn
  - Embrace Adaptability
  - Seek Support
  - Reaffirm Your Goals
  - Invest in Self-Care

Building Resilience After Setbacks (cont.)

- Tools for Recovery
  - Meditation and Mindfulness
  - Time Management
  - Professional Help
- Benefits of Resilience
- Real-Life Examples

Transforming Failures into Opportunities

- Identify the Issue
- Accept and Reflect
- Develop a Recovery Plan
- Utilize Support Systems

Transforming Failures into Opportunities (cont.)

- Reaffirm Goals and Values
- Celebrate Progress
- Consider Backup Options
- Stay Positive and Resilient

Cultivating Resilience: Turning Setbacks into Strength

- Recognize and Reflect
- Learn from the Experience
- Develop a Recovery Plan
- Seek Support if Needed

Cultivating Resilience: Turning Setbacks into Strength (cont.)

- Implement the Plan
- Monitor and Adjust
- Celebrate Progress
- Embrace Resilience as a Skill
- Remember Your 'Why'

08

Shutdown and Q&A:

Conclusion and an opportunity for questions

In the database of life, how are you choosing to write your queries?

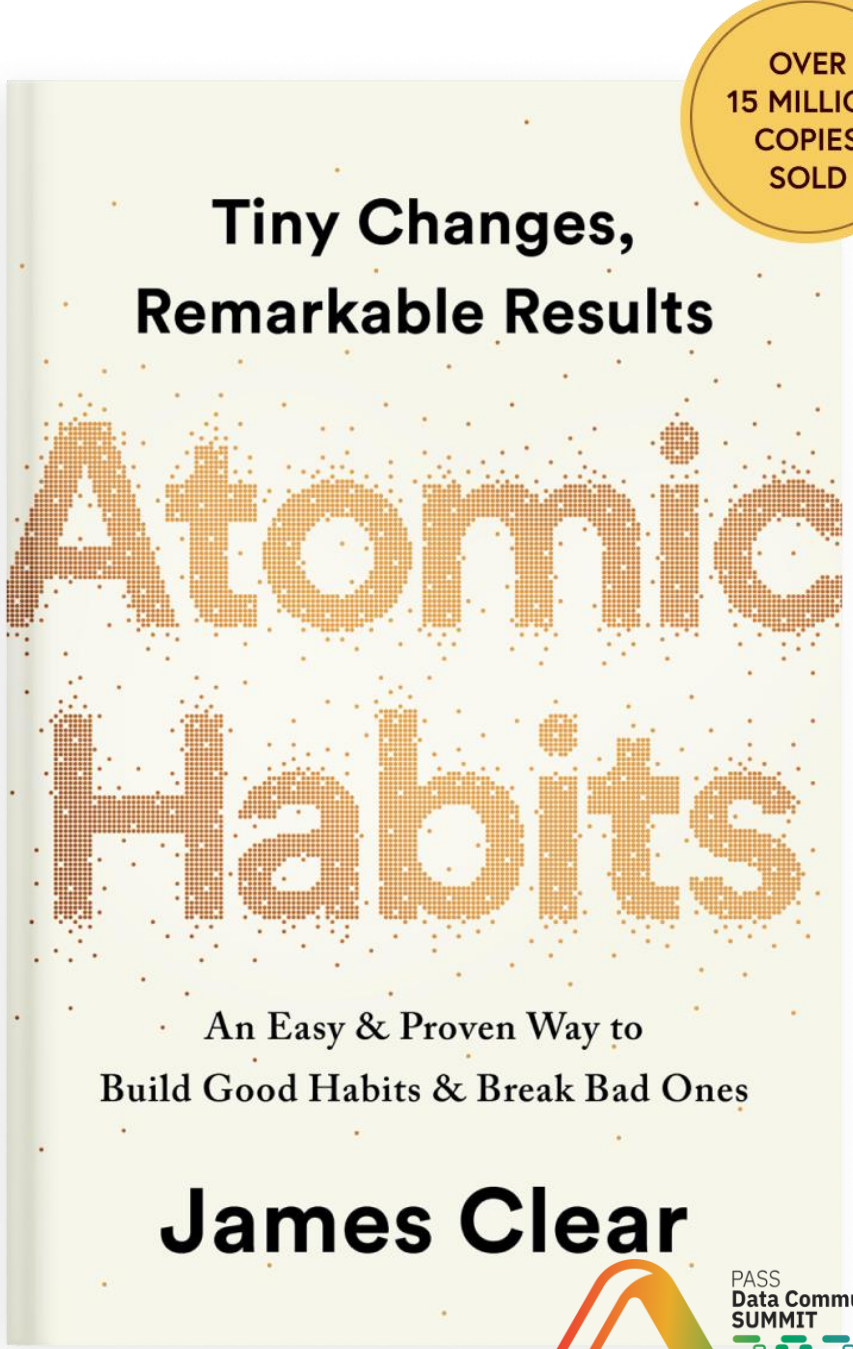
Resources

- Atomic Habits Book by James Clear - https://jamesclear.com/atomic-habits
- Worksheets Downloaded with Presentation Slides

PASS Data Community SUMMIT

Atomic Habits
by James Clear

https://jamesclear.com/atomic-habits



SELECT your goals wisely,
INSERT the habits that lead to success
and QUERY your progress regularly.

databasesuperhero.com

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THANK YOU

Questions?