

ApproachAccountability.com - Building New Habits (James Clear Based)

These are ideas that helped myself and many other clients change their routine to start approaching, and which can end up with hundreds of approaches a year with consistency.

Cue (what will trigger you to take the action)

Keeping approaching top of mind.

- Send me a message a few times a week to check in and keep me aware of your progress
- Set a routine or specific time to go out
- Small personal challenges - I'll get to the venue 3x a week
- Pay a small accountability fee at the beginning of the week for mental "buy in"

Craving (build motivation)

Make the process rewarding.

- Avoid things that lower drive (staying home too much, porn, etc.)
- Even if you don't approach, going out and walking is still a win
- You will feel good when you go out and talk to people, focus on that end feeling

Response (lower the bar)

Make it easy to act.

- Have a simple opener process: compliment + ask where they're from
- Accept rejection happens when you talk to strangers and be okay with it
- You can even seek rejection to build comfort

Consistency is what makes you feel good, not immediate results.

Reward (reinforce behavior)

Recognize every win.

- Just getting to the venue is a win, you got out of your house, and you got your steps up
- When you go out, you'll feel more socially energized
- Talking to new people will bleed confidence and energy into the rest of your life

Environment Design (prepare ahead)

Set yourself up the day before.

- Prepare clothes and shoes, keep them with you when you go to work (in car, etc)
- Choose your locations, have 3-4 of them
- Decide your plan the day before, if you will go out. Commit to it.
- Text accountability partner that day, or the day prior to let them know you're going out

Make It Concrete (system over goals)

Make your routine more specific - this is what makes it real

- What days you go out
- Where you go
- Where you park
- How long will you be out

Consistency creates results.

Expect Slow Progress

- Rejections are normal early
- Progress feels invisible at first
- Improvement compounds over time

Trust and enjoy the process, keep it chill when you go out, don't beat yourself up if you miss some approaches, just go back out again tomorrow.

Start Small (minimum action)

Your lowest bar:

→ Go to the location and walk around for 10 minutes, 30 minutes, or an hour.

Anything more is a bonus. As long as you go to the location and out of your house, that is a win.

Sample content to help build your process:

COLD APPROACH LOCATION FUNNEL

TOP TIER: Busy and forgiving environments

- Wide and fast opportunities
- Easiest entry point for beginners
- Purpose is to get reps and lower pressure



Message me on Telegram ([lou415](https://t.me/lou415)), or go to ApproachAccountability.com for more details