

HABIT POWER

PUTTING THE SCIENCE OF WELL-BEING INTO ACTION

Step 1: IDENTIFY

Identify and write out the new habit or routine you desire for yourself. Pay attention to the components of your new habit loop, Identify the Cue (what will your triggers to action be) Routine (the actual behaviour or ritual) & Reward (payoff of what you will crave in the future).

Step 2: REWARD

Identify your reward or positive outcome from your new habit? Rewards are powerful because they satisfy cravings. Figure out which cravings are driving and forming your habits. Keep testing rewards until you crave them. List them.

Step 3: CHOOSE

Choose the habits that matter the most. Consider the idea of Keystone habits or habits that have the power to start a chain reaction, changing other habits. List your Keystone Habits.



How to make new habits STICK!!

How are some people able to successfully quit smoking, run a marathon, exercise daily, or finish challenging project and others not so much? What do all these people have in common?

The achieved success by focusing on the patterns that shape every aspects of their lives. THEY SUCCEED BY TRANSFORMING HABITS!! *In the Power of Habit*, Charles Duhigg teaches us why habits exist and how we can change them. New habits are created by putting together a cue, a routine, and a reward- then cultivating a craving that drives the loop. To understand the power of cravings in creating habits, consider the exercise habit. YOUR BRIAN HAS TO EXPECT REWARD- a craving for the reward to come is essential to creating automatic routine. CRAVINGS are what drives habits!

READY TO DO THE WORK? Follow these Steps...

