

# Building A Helpful Habit

My New Habit Is:

Does this reflect what is important to me?  Deep down, do I truly believe that I can do this?  Does this bring me joy or satisfaction?

1st Law	Make It Obvious
1.1 - Become aware of your self-image. How will you track your habits?	What identities have you adopted that might be holding you back (ex. "I'm horrible at math")? How has that self-talk impacted you? How could you reframe that self-talk to be empowering?
1.2 - Create "Implementation Intentions." What's your Time/Location/Action Strategy? How can you set a reminder to engage in your goal behavior that you can act on <i>right then?</i>	At : , when I'm at , I will
1.3 - Create a "Habit Stack." Find a habit you already do each day and then stack your new behavior on top of it.	After I , I will
1.4 - Make cues of helpful habits obvious and visible. What steps can you take to design your environment for success? How can you create a distinctive cue to trigger your memory?	"When ____ happens, I'll do ____."
2nd Law	Make It Attractive
2.1 - Use "Temptation Bundling." Pair an action you want to do with one you need to do. How can you make it more fun? Symbolic rewards? Competition? Leaderboards?	I like to:  So that's when I'll also:
2.2 - Join a culture where your desired behavior is the normal behavior. How can you surround yourself with people that already have and will support you in acquiring your new habit?	Who does what you want to do?  What tactics work for them? How can you "copy and paste" their strategies?
2.3 - Create a motivation ritual. Do something you enjoy right before a difficult habit.	My "spoonful of sugar" will be

<b>3rd Law</b>	<b>Make It Easy</b>
3.1 - Reduce friction. Decrease the number of steps between you and your good habits.	How can you smooth your path? Is there a way to make your desired behavior the default?
3.2 - Prime the environment. Prepare your environment to make future actions easier.	What favors can you do for “future you?”
3.3 - Master the decisive moment. Optimize the small choices that deliver outsized impact.	What are the “tipping points” that launch towards or away from your goal?
3.4 - Use the Two-Minute Rule. Downscale your habits until they can be done in two minutes or less.	What is the smallest, easiest action that will bring you benefit?
3.5 - Automate your habits. Invest in technology and one time purchases that lock in future behavior.	What is something that you can buy or do that will create value over time?
<b>4th Law</b>	<b>Make It Satisfying</b>
4.1 - Use reinforcement. Give yourself an immediate reward after finishing your habit.	<p>What would feel immediately rewarding?</p> <p>How will you reward yourself for maintaining a streak?</p>
4.2 - Make “doing nothing” enjoyable. When avoiding a bad habit, design a way to see the benefits.	How can you make your avoidance visible?
4.3 - Use a habit tracker. Keep track of your habit streak and “don’t break the chain.”	How can you most easily track your habit?
4.4 - Never miss twice. When you forget to do a habit, make sure you get back on track immediately.	What’s your “back on track” plan?

# Breaking A Harmful Habit

I'm breaking the habit of:

Does this reflect what is important to me?  Deep down, do I truly believe that I can do this?  How can I beneficially meet my needs?

<b>Inversion of the 1st Law</b>	<b>Make It Invisible</b>
1.5 - Reduce exposure. Remove the cues of your harmful habits from your environment.	How can you hide the habit cues?
<b>Inversion of the 2nd Law</b>	<b>Make It Unattractive</b>
2.4 - Reframe your mindset. Highlight the benefits of avoiding your harmful habits.	What are all the upsides of breaking this habit?
<b>Inversion of the 3rd Law</b>	<b>Make It Difficult</b>
3.6 - Increase friction. Increase the number of steps between you and your bad habits.	How can you make it harder to engage in the harmful habit?
3.7 - Use a commitment device to interrupt temptation. Restrict your future choices to the ones that benefit you.	Hard commitments (tangible penalties or restriction, such as cash)  Soft commitments (increase the psychological costs)
<b>Inversion of the 4th Law</b>	<b>Make It Unsatisfying</b>
4.5 - Get an accountability partner. Ask someone to watch your behavior.	Who will call you out? To whom will you give habit updates?
4.6 - Create a habit contract. Make the costs of your harmful habits public and painful.	How will you purposefully make it sting? To whom will you report?

## How To Change

Without disrupting anything that is going well, is there a “fresh start” opportunity coming up that can represent a clean break from the past? (birthday, new season, Monday...?)

What temptations for procrastination or quitting can you anticipate? Create an If/Then plan for each:

- 1.
- 2.
- 3.

Internal obstacles to change (temptation, forgetfulness, underconfidence, and laziness) are just part of human nature. How can you vigilantly treat them like the symptoms of a chronic disease, instead of treating them like a temporary irritant, such as a rash?

How can you allow for flexibility in your routines so you can train your habitual autopilot to be flexible?

Is the reason you haven't already reached your goal or developed a habit based in ignorance (you don't know what to do) or lack of confidence (you don't believe you have the capacity for change). How can you address this?

What advice would you give to a friend who was in the same situation as you are? How can you take your own advice?

Creating Your Support/Challenge Network:

1. “Advice Club” - a group of people whose members regularly consult one another for help.
2. “No Club” - a group that helps members to make tough calls whenever one gets invited to do something time-consuming. Is it worthwhile? If not, how can you turn it down politely but firmly?

How can you make your commitments smaller and more frequent vs. larger and less frequent?

How can you set a TIMELY reminder to engage in your goal behavior (one that you will be able to act on right then)?

When you “fail” (and you will), can you interpret that as an opportunity for learning?

How can you best recover from failure? What kind of “cushion” or allowance for mistakes can you plan to give yourself when things don’t go as planned?

How can you remind yourself of past successes so that you can use them for fuel when the going gets tough?

How will you know when to Grit or when to Quit?

1. What opportunities will I give up if I pursue this?
2. Does this reflect what is important to me (my values)?
3. Does this draw on my strengths?
4. Deep down, do I truly believe that this can succeed?
5. Does this bring me joy or satisfaction?
6. Am I demonstrating grit or am I being obstinate?

You can persevere, but if all that effort is not in service of your life’s goals, then it may not be serving you.