

Challenge HABITS



STEP 1: MAKE IT OBVIOUS

Use an implementation intention to make it obvious and tie it to your existing behavior.

(Existing behavior), I will (Behavior) at (Time) in (Location).

Example: After I get dressed, I will meditate for 20 minutes every morning in the living room.



STEP 2: MAKE IT ATTRACTIVE

Make your habit more attractive by linking an action you need to do with an action you want to do. For example, listen to your favorite podcast when you are exercising or cleaning the house.



STEP 3: MAKE IT EASY

Optimize your environment to make your future actions easier. For example, if you want to drink more water, place a water bottle on your desk. If you want to exercise more, keep your workout clothes and shoes ready to get them easily when you go to the gym.



STEP 4: MAKE IT SATISFYING

Give yourself a reward when you complete your habit. We tend to repeat a behavior that has a sensational satisfying effect. For example, you drink coffee immediately after you exercise.

