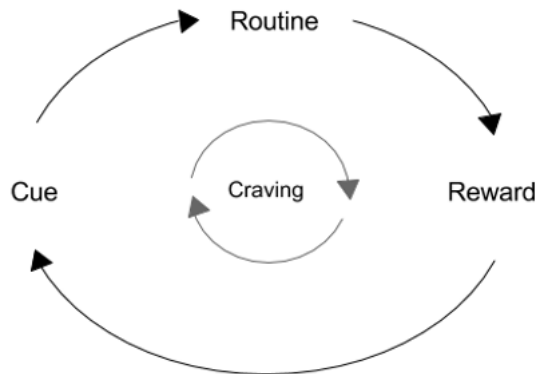


Cultivate Your Habits

1. Habits Awareness



Every habit has a “habit loop.” The cue is the trigger that tells your brain to go into automatic mode. Then there is the routine, which can be a physical, mental or emotional behavior. Finally, the reward is what satisfies the craving. The craving reinforces the habit loop. Often, the craving is not obvious but with increased awareness of your routine and reward, you can identify it.

2. When you want to change an ineffective habit, understand your habit loop

- Identify the routine.

- Replace current reward with a new reward.

- Ask yourself, “Is the craving satisfied?” If not, try another reward.

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Identify the cue with 4 W's:

When – time and day

Where – location and space

What – preceding event, action, object, or emotion

Who – people around you

For details and an example, please read: <https://charlesduhigg.com/wp-content/uploads/2012/02/A-guide-to-changing-habits.pdf>

Cultivate Your Habits

3. How to start an effective habit (for examples, see next page)

- In which of the 4 pillars (Nutrition, Activity, Sleep, Mindset) do you want to cultivate a habit?

- What is your goal?

- When you want to start an effective habit, focus on implementation intention and habit stacking.

4. Implementation Intention

- Research studies show that people are more likely to achieve their goal when they develop an **implementation intention**, which is a plan made beforehand about when and where to act.
- For a habit you want to achieve, write an implementation intention (for examples, see next page):

- I will [behavior] at [time] in [location]**

I will _____

5. Habit Stacking – BJ Fogg’s Tiny Habit Recipe

- Habits thrive on simple, actionable and predictable routines.
- Focus on tiny behaviors.
- Use an existing routine (an “anchor”) as your cue.
 - Pair the existing routine and new tiny habit together.
- For a habit you want to achieve, write a habit stacking statement (for examples, see next page):

- After/Before I [existing routine], I will [new tiny behavior]**

After/Before I _____

- If the initial pairing doesn’t work very well, then you can revise it. Experiment and persist.

Cultivate Your Habits

6. Four Pillars of Wellness Habits Examples

Nutrition

Goal: I want to eat healthier.

- Implementation Intention: I will stop snacking at 8pm, in the living room.
- Habit Stacking: Before I eat my first bite, I will drink a sip of water.

Activity

Goal: I want to start exercising.

- Implementation Intention: I will leave the door to walk at 6:30am, on my street.
- Habit Stacking: Before I go to bed, I will put out my exercise clothes.

Sleep

Goal: I want to sleep more.

- Implementation Intention: I will stop looking at screens at 9pm, in the bedroom.
- Habit Stacking: After I finish dinner, I will dim the house lights.

Mindset

Goal: I want to manage my stress better.

- Implementation Intention: I will say out loud today's victory at 1pm, in my office.
- Habit Stacking: After I park the car, I will breathe for 4 counts.

7. Habit Tracking (see next two pages)

Hebb's Rule – "Neurons that fire together, wire together"

- Repetition, not time, solidifies a habit.
- Keep track of habits you want to change.
- Maintain a streak. If you miss a habit one day, don't miss the habit the next day.

References:

1. Clear, James. (2018). Atomic habits: tiny changes, remarkable results: an easy & proven way to build good habits & break bad ones. New York: Avery, an imprint of Penguin Random House.
2. Duhigg, Charles. (2012) The power of habit: why we do what we do in life and business New York: Random House.
3. Fogg, BJ (2019). Design your habits. Retrieved from <https://www.tinyhabits.com/design>.

Cultivate Your Habits Sample Habit Tracker

Directions: Write habits that you want to solidify. Strive for at least one habit from each pillar (Nutrition, Activity, Sleep and Mindset). Mark ✓ in the box when you achieved the habit.

Month: February

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Stop snacking at 8pm	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		✓																	
Before bedtime, put out exercise clothes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓																	
After parking, breathe for 4 counts	✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓																	
Stop screen time at 9pm	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		✓																	

Cultivate Your Habits Your Habit Tracker

Use the following to track your new habits

Directions: Write habits that you want to solidify. Strive for at least one habit from each pillar (Nutrition, Activity, Sleep and Mindset). Mark ✓ in the box when you achieved the habit.

Month: _____

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

If you prefer digital habit trackers, there are many apps available. Try a few out and use the one that you look forward to using daily.