

# *Daily Habit* HACKS

## CHECKLIST



## What Are Habits

- A unconscious recurrent pattern of behavior
- How to recognize your habits
  - Internal review
    - Requires self-reflection
    - Analyzing your daily behaviors
    - Determining how your behaviors make you feel
  - External Review
    - Observe and study people around you
    - Study your environment
    - Observe the lives of successful people
- Types of habits
  - Two schools of thoughts
    - Can be divided into four kinds
      - Instigating
      - Avoiding
      - Regimental
      - Unconscious
    - Can be categorized into three groups based on the nature of activities
      - Motor habits
      - Intellectual habits
      - Habit of character

## How Habits Work

- The pattern of habits
  - The reminder
    - Known as the cue or the trigger
    - Responsible for telling your brain to go into automatic mode
  - The routine
    - The behavior that is triggered by the reminder
    - Can be mental, physical, or emotional
    - Doesn't require a conscious effort
  - The reward
    - Can be positive or negative

- Helps your brain determine if a routine should be remembered
- Becomes encoded in our minds

## Impact of Habits on Your Quality of Life

- The impact on your brain
  - Effects it either directly or indirectly
  - Make your mind needy
  - Brain becomes dependent on the cycle of habits
  - Can reduce your quality of life
  - Can become less joyful, duller, and gloomier
- The impact on your Health
  - Can reduce your quality of life
  - Imperative to avoid certain habits
    - Smoking
    - Lack of physical exercise
    - Consuming alcohol

## How to Break Bad Habits

- Define the habit
  - Conduct internal and external review of your life
  - Have a better chance of dealing with the habit
  - Need to accept the habit and do what is needed to eliminate it
- Find a replacement
  - Key to breaking any bad habit
  - Must avoid leaving a vacuum
    - Bad habit will creep back into your life
  - Make it a healthy habit
- Find your motivation
  - Don't have motivation won't get rid of the bad habit
  - Consider all the good reasons for breaking the bad habit
    - Better health
    - More money
    - More time
    - Less medical issues
  - Change your environment
    - Have to distance yourself from bad influences

- Eliminate triggers
- ☐ Other steps for changing bad habits
  - Change your thinking
    - Commit to a goal
    - Understand your habit
    - Assess the context of your habit
    - Make a plan
  - Change your behavior
    - Change your environment
      - Avoid triggers
    - Create obstacles to the habit
      - Create barriers that make the habit unpleasant
    - Start small
      - Take the process one step at a time
    - Reward your successes
      - Celebrate even small achievements
    - Be patient
      - It takes time to eliminate habits

## **How to Form Good Habits**

- ☐ Start small
  - Make slight adjustments to your routine
- ☐ Decide when
  - Figure out when you'll perform the new habit
- ☐ Use a trigger
- ☐ Change your environment
- ☐ Visualize
  - Picture your daily routine
  - Picture how you will meet your new goal
- ☐ Use the "if: then" strategy
- ☐ Reward yourself
- ☐ Don't be too hard on yourself