

# SIMPLE STEPS TO FORMING GOOD HABITS



## Start small

Make slight adjustments to your routine

Step  
01

Step  
02

## Decide when

Figure out when you'll perform the new habit



## Use a trigger

Use an existing habit trigger to start your new habit

Step  
03

Step  
04

## Change your environment

Rearrange your current lifestyle to encourage your new habit



## Visualize

Picture your anticipated results

Step  
05

Step  
06

## Use the "if: then" strategy

If you're unable to perform your new habit have a backup plan in place with a similar action/habit

