

Habits

“First we make our habits, then our habits make us.”

Re-wire our brain.

ie. You develop a practice for a period of time, enactment becomes easier than not doing it.

Are for life.

ie. You learn to tie your shoe or brush your teeth.

Can compound.

ie. You exercise and then you end up eating better.

Can start tiny.

ie. Floss one tooth

Goals

Have an endpoint.

ie. Reach goal weight and overeat

Rely on willpower.

ie. Willpower is limited

Rely on factors that might be uncontrollable.

ie. Injury, unexpected financial issue

Can be unrealistic.

ie. Can lead to dangerous or unethical practices

How to Change Habits. Step By Step.

1. What would you like to create? (Replace is easier than stop at first)
2. Understand and analyze how habits work: Identify cue, pinpoint routine, describe reward or craving that drives the loop.
3. Change the routine.
4. Create awareness at the point you practice this NEW routine.
5. Create belief to back you up ie. friend or family to help.

Example:

Old habit: Snacking all night.

New habit: Stopping eating after evening meal.

Cue: You switch the TV on.

Routine: Grazing absent-mindedly throughout the evening.

Reward: Temporary activation of pleasure centers in the brain.

Craving: Could be feeling of 'fullness', love, or numbing.

New routine: Reading a trashy magazine that makes you feel a bit naughty.
Calling a friend. Making love.

Belief: Generated by visualizing yourself slimmer and more in control.