

## Changing Habits

We underestimate how much our brains and bodies can do without thinking. Habits are compound interest of self-improvement and critical to sustained change. It is only when looking back 2, 5, or perhaps 10 years later that the value of good habits and the cost of bad habits becomes strikingly apparent.

### THE DIFFERENCE: OUTCOMES, GOALS, AND HABITS

- a. Outcomes are aspirations, destinations, and lag indicators
- b. Goals are the actions you take to achieve your outcomes; lead indicators
- c. Habits are goals that have become automatic; you don't have to think about them

### HOW HABITS WORK

- Breaking habits requires a deep understanding of your personal habit loop

The Habit Loop		
CUE (Trigger)	ROUTINE (Behavior)	REWARD (Benefit)
CRAVING (Urge)	<ul style="list-style-type: none"> <li>• You either have to overhaul the cue or create a new cue; it's not just about changing the behavior.</li> </ul>	

### HOW TO BUILD HABITS THAT STICK

1. Motivation level - super unreliable; think about the 1st week compared to the 6th
2. Ability level - make it easy to do; set goals that are realistic to your current ability
3. Create prompts - think environmental and remember the 3 P's

### HOW TO CREATE NEW HABITS

1. **Implementation Formula** = I will [BEHAVIOR] at [TIME] in [LOCATION].
  - We rarely say when and where habits are going to happen
2. **Habit Stacking Formula** = After [CURRENT HABIT], I will [NEW HABIT].
  - Works best when the cue is highly specific and immediately actionable

### RECOMMENDED READING

- The Power of Habit by Charles Dewigg
- Atomic Habits by James Clear
- High Performance Habits by Brendon Bruchard
- 4 Disciplines of Execution by Stephen Covey
- BJ Fogg, Tiny Habits