

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