

Simple Habits



The Mechanics of Habit Change

By breaking down each habit into a cue, routine & reward you can understand how you currently form bad habits, and more importantly, how you can rewire those cues and rewards to create positive change in your life.

Create a Plan for the first 30 days

The first 30 days are vital to forming new habits. Identify potential roadblocks or weeks where you might get overwhelmed. Implement The Two Day Rule or “shrink the change” to help you stay consistent with your habit.



Extrinsic vs Intrinsic Motivation

Pay attention to the motivation that’s driving your change. Are you doing it for external rewards (Instagram likes, awards or praise). Or are you doing it for intrinsic rewards?

With intrinsic motivation you are driven by my internal rewards. You exercise because you find the activity itself enjoyable. You don’t do it because it makes you look cool; you do it because you love it. This kind of motivation is far more effective in the long run



Build Your Habit Discipline

Control Your Environment

Do everything you can to control your environment. Get snacks out of the house and strategically place cues to give yourself a subtle nudge.

The Power of Accountability

Find an accountability partner to help push you forward, join your local cycling/run club, or hire a personal trainer to help you stick to your commitments.

Find ways to Invest in yourself

Put your money where your mouth is. What will get you excited about your habit change journey? Which purchases could you hold off as a reward?

Rewards & Anti-Rewards

How can you build rewards into your habits? Celebrate 100 days of consistency w/ a pizza party! Go w/ the dark-side and create a consequence when you fail.



The Truth about Progress

Your path will be filled with ups and downs. Success and failure. That is inevitable, so don’t get down when things aren’t going according to plan. Judge your progress in months not moments (better yet judge it in years).

It’s the small steps you take each day that will lead to giant leaps down in your future. Don’t over-complicate things and try to take on more than you can handle. If you build just one habit this year that could completely change the rest of your life.

