## Exploring Habits for Positive Behavior Change



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#### Objectives

- Discuss why behavior change is difficult and how habits are formed
- Identify ways to form new habits and eliminate bad habits
- Describe how to manage habit slipping and procrastination
- Learn methods to track habits for positive behavior change

# Why is Behavior Change Difficult?

- Old habits/brain pathways developed
- Myth of massive success comes from massive action/change
- Slow pace of transformation
- All or nothing thinking pattern
- Discomfort
- Instant gratification
- Boredom



#### Three Layers of Behavior Change







#### How to Create a Good Habit

- Make it Obvious
- Make it Attractive
- Make it Easy
- Make it Satisfying



How to Break a Bad Habit

- Make it Invisible
- Make it Unattractive
- Make it Difficult
- Make it Unsatisfying



## How to Keep Your Habits on Track





MONITORING

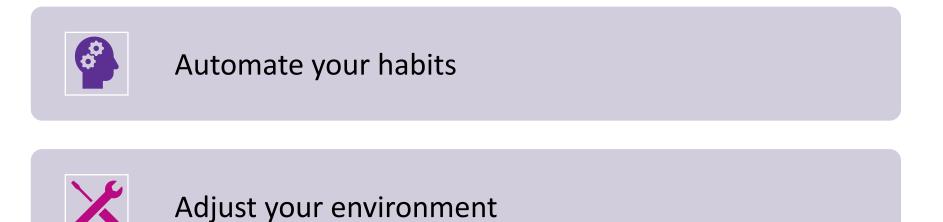
#### ACCOUNTABILITY

**PROFESSIONALS STICK** TO THE SCHEDULE NO MATTER WHAT

**1% CHANGE BUILDING OVER TIME** 









Join a culture where your desired behavior is the norm/have something in common with the group



Change your perspective-self talk about your habits

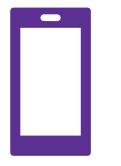


## Methods to Track Habits for Positive Behavior Change

- Habit Trackers
- Planner
- Bullet journaling
- Apps
  Habitica
  Streaks
  StickK











How to Manage Habit Slipping and Procrastination

- 5 second rule-Mel Robbins
- Habit Stacking
- Just Get Started
- Disconnect



#### Wrapping it Up











COMMITMENT TO TINY, SUSTAINABLE NON-NEGOTIABLE IMPROVEMENTS

#### CHANGE YOUR SYSTEM AND ENVIRONMENT

#### ALWAYS LOOK FOR THE NEXT WAY TO GET 1% BETTER

REDUCE DISTRACTIONS



#### Resources

- Atomic Habits by James Clear
- The 5 Second Rule by Mel Robbins
- <u>The Science of Habits</u>
- <u>5 Research-Based Strategies for Overcoming</u> <u>Procrastination</u>

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