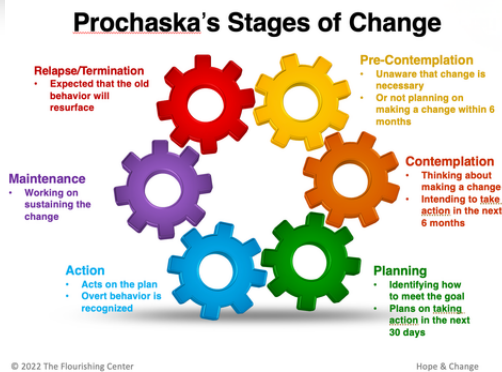


Change & Habits

NOTE: This is a summary of research and scientifically-supported tips on change and habits. They are descriptive, not prescriptive. Use them if they are helpful. If not, disregard and do what works for you.

Stages of Change



Building New Habits

Identify the routine.

Experiment with rewards.

Use a cue to trigger the new habit.

Celebrate progress and wins.

Changing Habits

“You can’t extinguish bad habits, you can only create new ones.” - Charles Duhigg, “The Power of Habit”

Identify the craving and find a replacement reward that is at least as good or better than the old reward.

Celebrate progress and wins.

Keystone Habits

Focusing on keystone habits can be helpful when you want to change or build multiple habits.

Keystone habits are:

- Habits that make other habits possible.
- Habits that are most important.

Visualization

Process visualization can yield better results than outcome visualization.

WOOP Process

Wish – what do you want?

Outcome – why do you want this?

Obstacle – identify one hurdle

Plan – develop a plan for overcoming it