

Creating
New
Habits



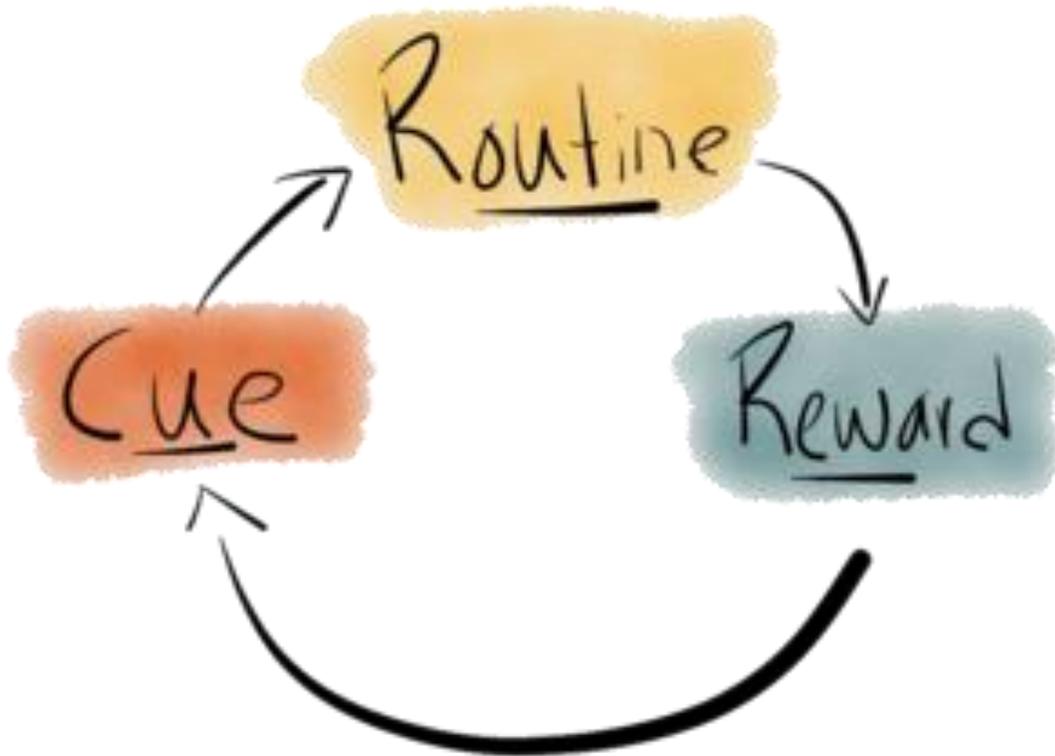


Overview

- What causes a habit to be formed?
 - The Habit Loop
 - Habit vs Routine
- Why do we need healthy habits in our lives?
- How do we make modifications to achieve our desired healthy habits?
 - Anchor Habits
- Additional tools and resources.



What causes a habit to be formed?



- Habits form as an effort-saving instinct in our brain to increase efficiency.
- Good habits are created through time, repetition and learning until the behavior ultimately becomes automatic.
- The process of building a habit can be broken down in three simple steps by following the **Habit Loop**:
 - Cue
 - Routine
 - Reward

The Habit Loop

The self-reinforcing mechanism that overtime, becomes automatic

- **Cue**- Anything that triggers the habit
- **Routine**- The behavior you wish to change
- **Reward**- The reason the brain decides the previous steps are worth remembering for the future

By identifying the triggers and enforcing a new routine with a reward you can create new habits!



Habits vs Routine

- Both habits and routines are regular and repeated actions, but habits happen with little or no conscious thought, whereas routines require a higher degree of intention and effort.
- Habits are automatic, routines are intentional.
- Overtime, routines become habits.

**WE
BECOME
WHAT
WE
Repeatedly
DO.**

- Sean Covey

Putting what we know into practice...

1) Pick a habit that you would like to make/change.

2) You need to understand how the habit operates by diagnosing its cue, routine and reward. This will help you to gain power over it and begin making changes you seek to make.

- What is the Habit? _____
- What is the Cue? _____
- What is the Routine? _____
- What is the Reward? _____

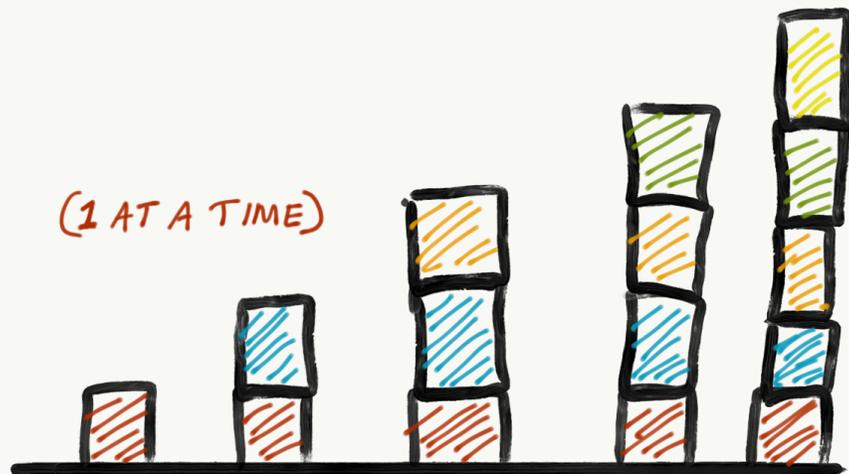
3) Rewrite the formula according to the positive change you wish to make.



Why do we need healthy habits in our lives?

- Improve health and wellness
- Combat disease
- Boost mood and energy
- Improves longevity
- Better quality of life
- Allows you to reach your goals
- Builds confidence and self esteem
- Creates a foundation

HABIT FORMING PROCESS



DARIUS FOROUX

How do we make modifications to achieve our desired healthy habits?

- Choose what you want to change
- Start simple
- Create a plan
- Identify and remove triggers or temptations
- Be consistent
- Practice patience
- Celebrate your success

Anchoring Your Habits

- Attaching your new habit to a practice or behavior that you have already established.
- "After I (*Insert your anchor habit*), I will (*Insert your new goal*)"
- Example- "After I wake up, I drink a glass of water to be hydrated."



After I...

Anchor

The existing routine that'll prompt you to do your new behaviour

I will...

Tiny Behaviour

The new habit you want but scaled back to be really tiny and easy

Then...

Celebration

To create the positive feeling that wires the habit to your brain

Exercise

Additional Tools and Resources

Free Apps

- Habitshare
- Streak
- Tally

Books

- *Atomic Habits*: James Clear
- *Tiny Habits*: BJ Fogg, PhD
- *The Power of Habit*: Charles Duigg

