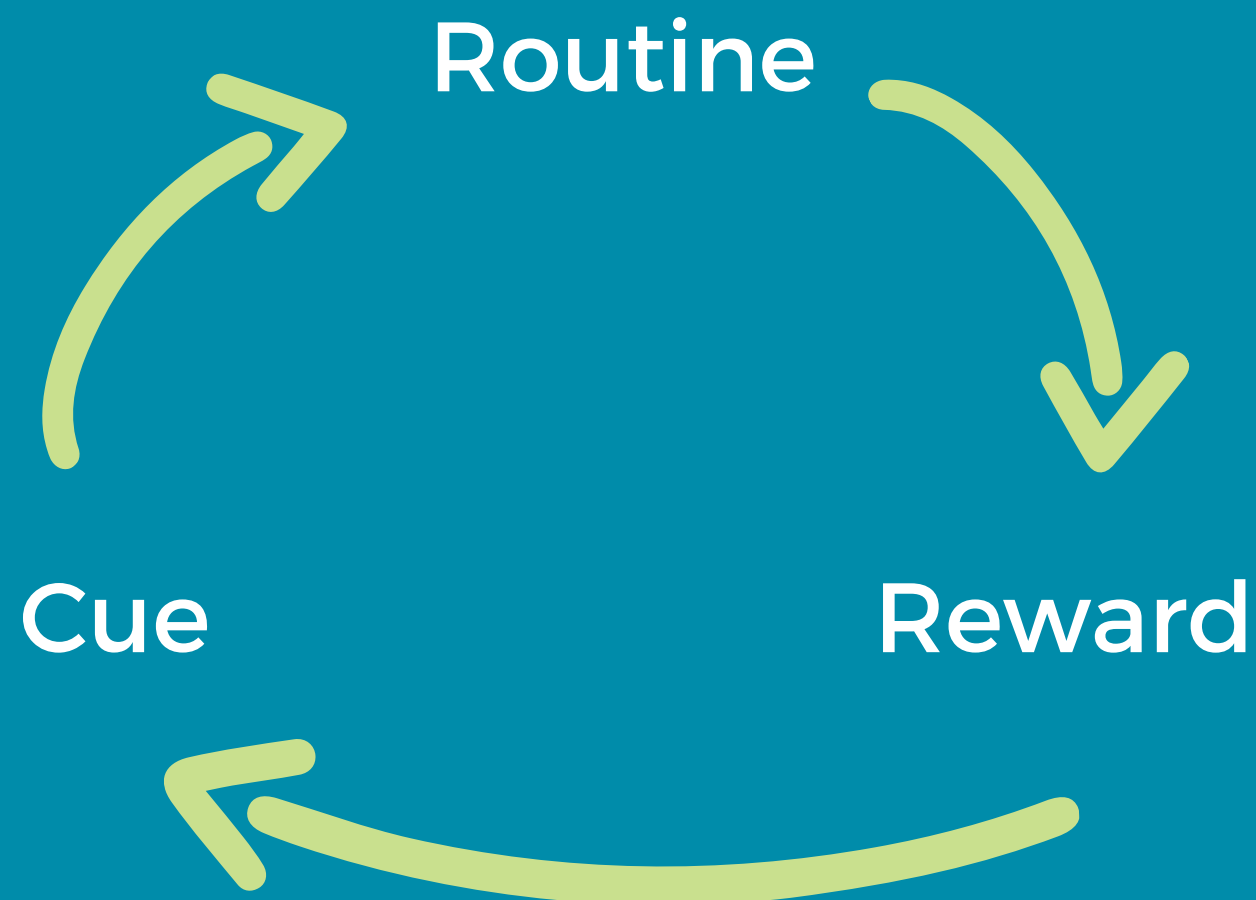


FORMING NEW HABITS

Habits are learnt behaviours that we've become accustomed to doing over time.

This is known as the habit loop system. The more we do the behaviour, the more the loop gets reinforced.



Cues can be many things: emotions we feel, the people we are with and the environment we spend most of our time in.

To form behaviours we need to understand how habits work.

All habits start with something that triggers a response (CUE) which we act on, that leads to some sort of reward.

BUILDING NEW HABIT SYSTEMS

When building new habits it's important to start small.
The system is simple: add a tiny behaviour to something you're already doing naturally (anchor habit).

Example: After I **make my breakfast**, I will **eat a piece of fruit**

When I **get my morning break**, I will **drink a full glass of water**

When I **get home at night**, I will **make my lunch for the next day**

After I **eat my breakfast**, I will **go for a ten-minute walk**

When I **get my lunch break**, I will **walk outside for 15 minutes**

When I **arrive home**, I will **put on my trainers and walk around the block**

After I **come downstairs**, I will **do 5 press-ups**

When I **get into work**, I will **take the stairs**.

Anchor habits are the things you naturally do without thinking about it anymore, like brushing your teeth after waking up.

TRACK YOUR HABITS

Complete the list with habits you want to build and tick each day when you complete or mark X when you don't.
Remember: **Aim for progress, not perfection.**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
When/After I _____, <i>I will</i> _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When/After I _____, <i>I will</i> _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When/After I _____, <i>I will</i> _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When/After I _____, <i>I will</i> _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When/After I _____, <i>I will</i> _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When/After I _____, <i>I will</i> _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When/After I _____, <i>I will</i> _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When/After I _____, <i>I will</i> _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>