

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



Outcomes

Processes

Identity

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



HABIT TRACKING/SELF
MONITORING



ACCOUNTABILITY



PROFESSIONALS STICK
TO THE SCHEDULE NO
MATTER WHAT



1% CHANGE BUILDING
OVER TIME

How to Keep Your Habits on Track



Automate your habits



Adjust your environment



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
- [The Science of Habits](#)
- [5 Research-Based Strategies for Overcoming Procrastination](#)

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Thank you!

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