

Snapshots proving

The most (practical) evidence I get using habits and how to use them to change other

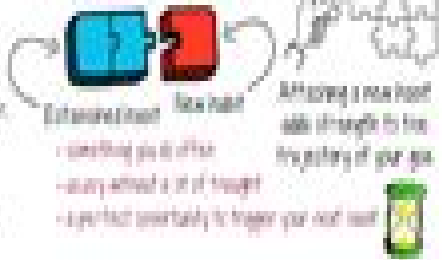


Habits are a subconscious consistency connecting your a pathway in our brain that creates strong bonds

How small habits make emotions and work in my favor?



What is Habit Stacking?



Attaching a new habit adds strength to the trajectory of your goals



Doing things come from our brains. The seed of every habit is a thought, tiny doesn't? - James Clear

How to Get Started

Implementation intention
introduced by Peter Gollwitzer
that stacking using the 'If-Then' rule



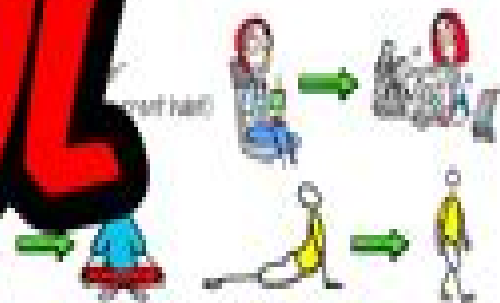
If-Then rule

In simple terms, an implementation intention is when and where you will do something. When the current habit becomes a cue to trigger a new action. - Melissa May

BUILD POWERFUL HABITS

Stacking Similar Habits

use for best results - stick with a similar type

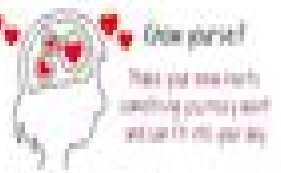


Be realistic



Not enough people!
Start everyone a version of that time of day

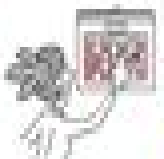
Grow period



Make your new habit something you can't wait to do every day

Avoid the Pitfalls

Be consistent



Plan a day
Get right into it

But you need to be repeated to become habits

for reaching your goals



Benefits include

1. Smooth transitions

You can move with ease between actions

1. Better success



Get results in a shorter period of time

Once you have chosen one successfully next, you can add another one



'Small habits don't add up, they compound. That's the power of atomic habits. Tiny changes. Remarkable results'

- Atomic habits by James Clear

4. Momentum to reach greater goals

By making things easier and when it becomes more manageable



For Beginners Habit Building

Gabriel Mensah



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