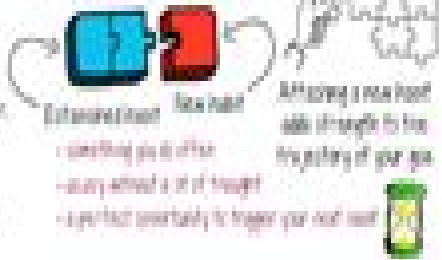


Snapshots proving

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



What is Habit Stacking?



BUILD POWERFUL HABITS

How to Get Started

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

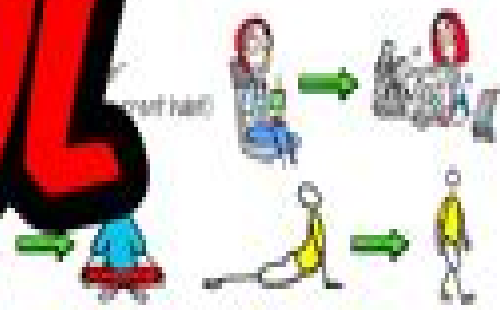


"In simple terms, an implementation intention is when and where you will do something. The current habit becomes a cue to trigger the new action."

- Melissa May

Stacking Similar Habits

use for best results - stick with a similar type



Avoid the Pitfalls

Be realistic
Not overdoing it!
Start with a small number of that type of day

Be consistent
Pick a day
Get right into it

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



1. Better success



Get results in a shorter period of time

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



4. Momentum to reach greater goals

By making things easier and more fun it becomes more manageable



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

- Atomic habits by James Clear

For Beginners Habit Building

Jane Kennedy



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