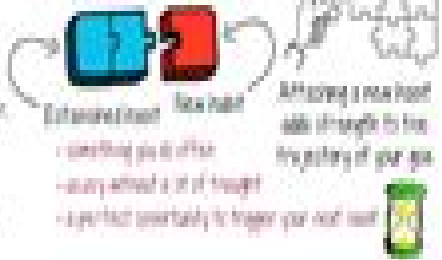


Snapshots proving

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



What is Habit Stacking?



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



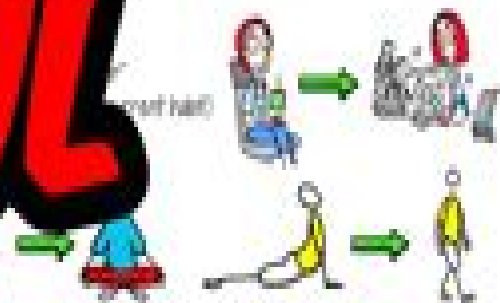
If-Then rule

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

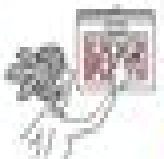


Be realistic



Avoid the Pitfalls

Be consistent



But you need to be consistent to become habits



1. Better success



Get results in a shorter period of time

Once you have chosen one successful habit, 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

Bruce Walker



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