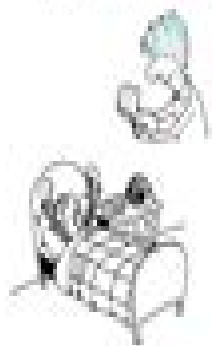


Synaptic pruning

The most (fastest way) connection that will stay without another one to strengthen it



Habits are reinforced by consistently connecting neural pathways in the brain that create strong bonds.

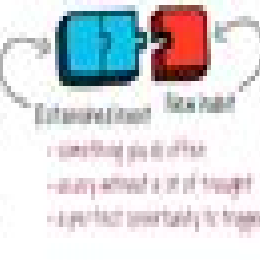
How will I make habits stick? I will start with a small habit.



The answer is 'habit stacking'



What is Habit Stacking?



Attaching a new habit adds strength to the frequency of your goal.
- something you do often
- easy without a lot of thought
- a perfect opportunity to trigger your new habit

Many things come from our progress. The seed of every habit is a step, try doesn't
- James Clear

How to Get Started

Implementation intention
- essentially Peter Dinklage
- how to change using the '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.

- Nassim Taleb

BUILD POWERFUL HABITS

Be realistic



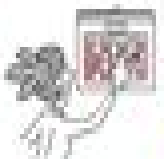
Start with a small amount of that habit every day.



Give yourself time to see how you're doing and adjust if you need to.

Avoid the Pitfalls

Be consistent



Stick to a daily schedule even on days when you're not feeling your best.

But you need to be prepared to make adjustments.



Benefits cascade
1. Smooth transitions



You can move with ease between actions.

1. Better success



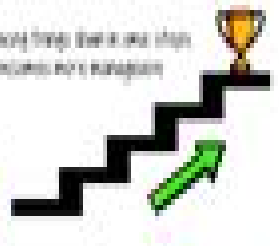
Get results in a shorter amount of time.

4. Momentum to reach greater goals

Once you have a habit, it's easier to start, you can add another one.



By making things easier, you can take on more challenges.



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

- Atomic habits by James Clear

Habit Building For Beginners

Jiyuan Zhang



Habit Building For Beginners:

The Science of Habits: How to build habits that stick Ikechukwu Kelvin Maduemezia,2025-08-26 This book explains the neuroscience of habits and offers practical steps to create lasting routines that transform daily life **Beginner**

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