

How to form a habit (and stick to it)!

If you want to revamp your morning routine, start working out, read more, meditate, or drink more water... this one's for you.

We are what we repeatedly do...but how do we actually form new habits and stay committed to them?! Habits don't need to be huge, crazy life changes. They work best when they're small, subtle tweaks, and the key to making them stick is routine.

According to Charles Duhigg, author of "The Power of Habit: Why We Do What We Do in Life & Business", habits work in 3-step loops: Cue, Routine & Reward

- The Cue triggers you to do a habit, so, setting your alarm to wake you up everyday at 8:00AM.
- The Routine is the behaviour that you automatically do after the Cue, like getting out of bed, brushing your teeth, washing your face and then making a coffee.
- The Reward is the part of the loop where you receive something for completing your habit, like a long hot shower after a tough workout.

Follow these four key tips for sticking with a new habit:

- Commit to performing your habit for 21 days
- Stay consistent with the time and place of your habit
- Try habit stacking: Link a new habit to an existing routine
- Schedule it in your calendar so it's a non-negotiable



Listen to our **habits episode (#10) on the Teach Me How To Adult Podcast** for more hot tips on how you can create new habits and stick to them!

21 day habit tracker

Track your new habits & the reward you'll get from them below, then mark an "X" for every day you complete it!

Habit:

Reward:

Habit:

Reward:

Habit:

Reward:



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