

HABITS



Habits are things we do regularly (often unconsciously) that become a part of who we are, and in many ways define us.

Bad habits can be difficult to break but the good news is that you can start new habits and replace the bad habits if you have the follow these 5 steps which will help you until the new habit is part of you and helps shape your new identity.

1 INTENTION

You have to be intentional about what habit you want to break or start. Write it down, share with a friend.



2 ACTION

You have to take action. What regular action are you going to do to make this habit a part of your daily routine?



3 PRACTICE

You have to practice, and recognise that mistakes are part of learning. What app could you use to help you?



4 CONSISTENCY

The key thing to building a habit is to be consistent. Keep a diary, notice your progress and build your habit.



5 SUPPORT

It's so much easier if you have a friend to support you.



6 IDENTITY

What is the evidence to you look for to prove that this new habit is part of a new you?



The habit I want to break is

The habit I want to start is.

WATCH YOUR THOUGHTS THEY BECOME YOUR WORDS

WATCH YOUR WORDS THEY BECOME YOUR ACTIONS

WATCH YOUR ACTIONS THEY BECOME YOUR HABITS

WATCH YOUR HABITS THEY BECOME YOUR CHARACTER

WATCH YOUR CHARACTER IT BECOMES YOUR DESTINY

Lao Tzu

The modern concept of habit was first laid out by William James a 19th century psychologist who described a habit as a routine, behaviour or even a cognitive process that starts spontaneously but is released automatically as a result of prior experience