

Creating Good Habits

While goals are crucial to getting things done, sustained change often requires a new set of habits, writes James Clear (2018), author of *Atomic Habits*.

To make behavior into a habit, it must be (Clear, 2018):

- Obvious
- Attractive
- Easy
- Satisfying

The aim is to understand the following:

When X happens, I will respond by performing Y and receive Z.

Answer the following questions to put in place new positive changes in your life (modified from Clear, 2018).

Ask yourself the following questions:

What intention would I like to turn into a habit?

For example, I would like to go to the gym three times a week for three months.

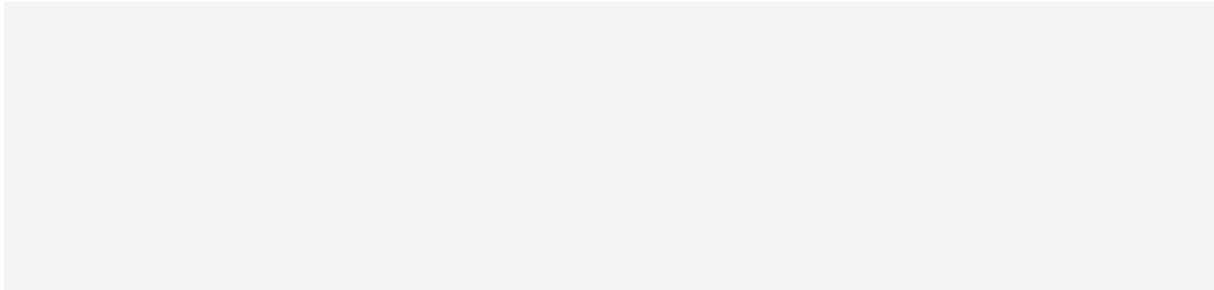
How do I make my new intention into a habit:

What do I already do (existing habits) that I could use as a trigger?

For example, when I leave work.

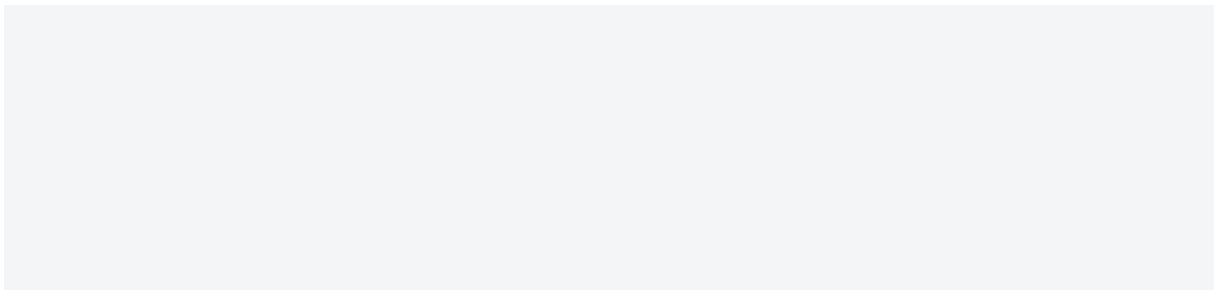
What makes it more attractive? Or what do I want from it?

For example, I want to *lose some weight before my brother's wedding next year.*



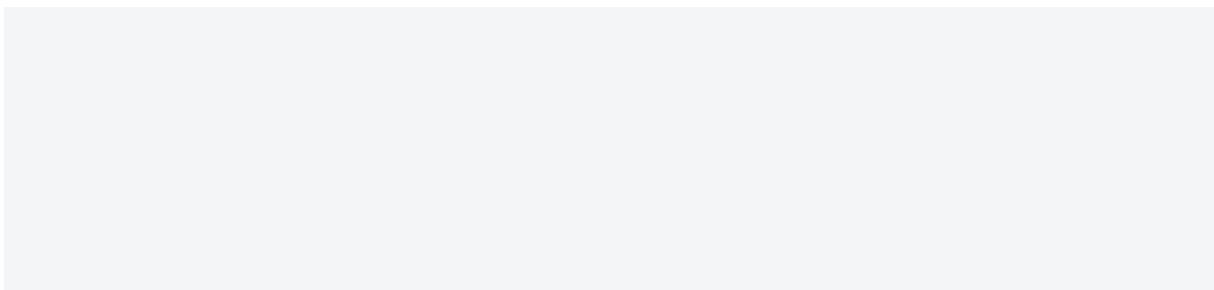
What makes it easier?

For example, *I am committing by paying in advance for ten sessions with a personal trainer.*



What's my reward?

For example, *I'm going to spend a little extra on the outfit for the wedding to treat myself.*



So, now you have a trigger, a motivation, something to make it easy, and a reward for turning your intention into a habit.

For example:

I will go to the gym three times a week for three months when I finish work. I aim to lose weight before my brother's wedding next year. I'm going to commit by signing up for personal training sessions, and once completed, I'll treat myself to a new outfit.

References

- Clear, J. (2018). *Atomic Habits*. S.l.: Random House.

Dr. Jeremy Sutton