

Wake Up Wednesday

00:39

CREATE POSITIVE HABITS

If you believe you can change – if you make it a habit – the change becomes real. This is the real power of habit: the insight that your habits are what you choose them to be. Once that choice occurs – and becomes automatic – it's not only real, it starts to seem inevitable.

Charles Duhigg

Habits can be both negative and positive. Smoking, biting our nails or overeating are considered bad habits. Positive habits can include brushing our teeth twice a day, or going to the gym.

Habit loops always work the same, whether that be a good or bad habit. A cue, internally or externally, will automatically trigger the action, either physical, mental or emotional, which, in turn, delivers a reward. There is always a reward, otherwise it wouldn't be a habit! Even bad habits carry a reward. Smoking might give you an excuse to leave a task you dislike for a few minutes every day. Biting your nails provides some emotional comfort – even though you may not be consciously aware of it. The key to breaking bad habits is to identify the advantage or reward, and find an alternative means of achieving it. Another option would be to avoid the trigger. Say you eat two biscuits when you meet your friends each morning for coffee. This action is just a habit. The coffee triggers the desire for the biscuits and the reward is a few minutes downtime with your friends. Instead, if you and your friends skip the morning coffee and go outside for a 10 minute power walk to catch up, you still benefit from being with your friends, but you avoid the biscuits. In its place is something more beneficial.



Take a minute to consider your habits and choose one you would like to change. How do you benefit from the habit? How could you eliminate the trigger to achieve the same benefit?

Taken from Chapter 39 of 'Meee in a Minute: 60 Ways To Improve Your Life in 60 Seconds' by Sid Madge.