

BUILD A NEW HABIT

Anchor a New Habit

A new habit sticks faster when you bolt it onto one you already do without thinking. The old habit becomes the cue. Use this formula.

After I [something I already do],
I will [my new habit].

Good anchor moments

Your day is full of habits you never miss. Each one is a hook to hang a new habit on.

- > After I sit down on the bus
- > After I brush my teeth at night
- > After I finish dinner
- > After I put my plate in the sink
- > After I sit down at my desk
- > After I get into bed

Your turn

Write 5 anchors. Keep the new habit small enough to do on your worst day.

After I _____, I will _____

After I _____, I will _____

After I _____, I will _____

After I _____, I will _____

After I _____, I will _____

Remember

Small and attached beats big and floating. Start with a habit so easy you can't say no, then let it grow.

