

What is a habit?

Habit is a behavior that you do regularly, and by repeating it, it forms as a habit

Goals, Systems and Identity.

We always set goals to be achieved, but more important than that, is to make systems around these goals and commit to follow these systems everyday. Other than goals and systems, the most important thing to achieve your goals is to incorporate your goals and systems to your identity. By imaging yourself with the new identity and see yourself as type of person who behave in a certain way (based on your goals), it is most probably to reach your goals

Feedback Loop of Habits

There are originally four components that form a habit: 

1. **Cue:** The trigger that initiates a habit.
2. **Craving:** The desire or motivation to perform the habit.
3. **Response:** The actual behavior or habit.
4. **Reward:** The positive outcome (in your perspective) or benefit associated with the habit.

The Diderot Effect

The Diderot Effect states that obtaining a new possession often creates a spiral of consumption which leads you to acquire more new things. As a result, we end up buying things that our previous selves never needed to feel happy or fulfilled.

The Four Laws of Behavior Change:

1. **Make It Obvious:** To create good habits, Clear advises making the cues for positive habits more obvious. This involves designing your environment to encourage the behaviors you want to adopt.
2. **Make It Attractive:** Habits are more likely to stick if they are appealing. Clear suggests linking positive habits with attractive rewards and focusing on the benefits to increase motivation.
3. **Make It Easy:** Simplifying the process of performing a habit increases the likelihood of success. Clear encourages readers to reduce friction and make positive behaviors as easy as possible.
4. **Make It Satisfying:** Positive habits are reinforced by associating them with immediate rewards. Creating a sense of satisfaction helps in forming lasting habits.

Habits Implementation intention

You will have a higher probability of doing a certain behavior if you linked it with the most important cues: *Time & Location*. For example, I will walk **30** minutes today at **10:00 PM** in the **backyard**

Habit Stacking

This involves incorporating new habits into existing routines, making them easier to adopt. By stacking habits on top of each other, you leverage the power of consistency.

Environment Affects Your Behavior

When your mobile phone is within a hand's reach, you are likely to grab it and check social media, but if it is faraway or in a drawer, a high probability that you will not take it. So, make your equipment that helps you do the good habits in an easy to reach locations and the equipments that most likely to be used in bad habits out of sight.

Make separate spaces/rooms for different activities/habits, so your habits do not mix up together.

Make morning and evening routines



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