

10 MISTAKES PEOPLE MAKE WHEN TRYING TO CHANGE A HABIT

1

Life vision: did you connect your habit to your big why? It's hard to stay committed if you don't have an important reason drawing you forward.

2

Power of tiny habit changes: did you pick a habit that is way too big? Small habit shifts can create huge change. Be realistic!

3

Change one habit: it's a recipe for overwhelm to try and change too many habits at once!

4

Stop using willpower: we have limited willpower. Instead use the science of habit to harness your brain's goal-achieving power.

5

Enroll your community: when your family, friends & colleagues understand why you are making changes, they are more likely to support you.

6

Tackle obstacles before they arise: if you problem-solve and create strategies before they arrive, it's much easier to succeed in your habit-changing!

7

Schedule your habit: make an appointment with yourself, put it in the calendar and treat it like an appointment you have with your Doctor!

8

Make it SMART: Specific, Measurable, Achievable, Realistic and Timely, for example: "lose weight" becomes "lose 10lbs by x date."

9

Commit to 30 consecutive days: neuroscience research shows that it takes a minimum of 30 consecutive days to rewire the brain!

10

Track & celebrate your wins: most of the population are visual learners, so create a visual tracking system to record your success!