

BRICKIE CONNECTIONS

BRICKIE CONNECTION #30: Habit Stacking

One of the best ways to build a new habit is to “stack it” onto an existing one. Take the steps from James Clear’s book called “Atomic Habits” to establish a new habit.

1. How can I make it obvious?
2. How can I make it attractive?
3. How can I make it easy?
4. How can I make it satisfying?

Identify a new habit you'd like to adopt.

What is a habit you use each day, place this new habit with an existing habit.

Now use the 4 questions from above to make a complete plan.

Example:

New Habit: Read daily. Established Habit: After getting ready for bed, I'll set a timer for 20 minutes to read. Reading each day will allow me to finish a book.

New Habit: Read daily. Established Habit: After finishing morning work, I'll take the last 8 minutes to read a book daily.