

[HOME](#) | [SELF-DEVELOPMENT](#)

HOW TO CREATE NEW HABITS AND STICK TO THEM

However, sometimes we want to create a new habit without having to eliminate or replace anything. So, today we are going to learn the way of creating and starting new habits.

And of course, you don't just want to create the habit but you want to make the habit stick in your daily life, your daily routine and turn this what we call as behavior to an actual automatic habit.

So we're going to talk about several techniques that you can use and that you have to use in order for you to create a new habit and make it a part of your daily routine or just make it automatic.

Elimination

First, off we're going to talk about a concept called elimination, where you find yourself saying Screw this it's not worth the effort. You need to eliminate this phrase from your dictionary.

New habits are often fragile and it is for this reason that we must eliminate this source of friction that might lead us to abandon the habit and just say screw it. And that's exactly why people who have a lot of these screwup moments are more likely to abandon the habit way before other people they won't have enough patients and they won't keep going back at it.



And of course, the solution to that is to examine your habits and find exactly where things are starting to break down where you're say screw it. Once you start to know where things are starting to break down and you become aware of it as we talked before Mindfulness is a big part of creating a new habit.

When you find where things are starting to break down you'll be aware of it and then you'll have more control over it.

When you're aware of it you'll be able to see it as you abandoning the habit and letting it go and slipping into the older bad habit and you won't see it as just screw it.

I don't feel like doing it anymore. There will be the background to it and this will help you move forward and just trying to overcome this phrase or this idea that you have in mind to keep up the consistency with the new habit.

Now, one effective technique when it comes to these moments and these thoughts is to use the "IF-THEN strategy".

So we can always avoid having these feelings. But once you become aware of it and you know when you have these feelings and what triggers them you're going to follow the if-then rule. So if you feel these feelings you put it then you put a condition then you will maybe do something that you enjoy so you can motivate yourself a bit and then you're going to do whatever you had to do.

The original Hobbit, the new hobbit died trying to stop this.

Applying the habit loop

And I think most importantly is applying the habit loop. As we said before this habit loop is a psychological phenomenon that would turn the behavior through repetition to an actual habit. Now when people want to establish a new habit they focus on the routine. If they want to go to the gym that's through the routine. They want to smoke that through routine. They want a plan properly. That's the routine.

But there's the cue and the reward which are basically the biggest part when it comes to habits that people usually don't give a lot of attention to. So you want to build a new habit take this routine and implement a Q and A reward to it.

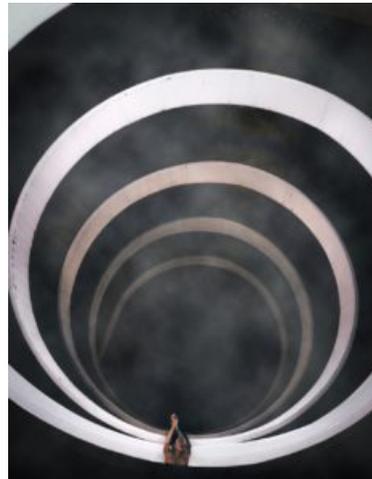


Whenever the cue occurs you will engage in the habit and automatically it will be calculated that after the Q and the routine are done you will get the reward whatever it is, must it's self-satisfaction or whatever it is you will be getting the reward.

Once you create a system and you keep repeating it then you are creating a habit out of this behavior you're creating your habit loop your self and you're aware of it and eventually becomes automatic and it becomes a lifestyle of course through consistency and repetition.

Visualization

Now we're going to talk about visualization. You have the power to control your mind and a lot of different senses your mind cannot tell between imagination and reality. So if you pause for a second you start imagining stuff then your mind will not be correlated as if it's imagination and fiction.



So when you use your visualization to imagine yourself doing the habit successfully and getting it over with successfully, Your mind will be able to adopt this mentality that this behavior is already becoming a habit and it's something automatic and something that's working well.

This will automatically increase your psychological back up when it comes to you actually transforming this behavior and turning it into an automatic habit because imagine this scenario if you're repeating the same habit once a day. It might take you let's say 25 days to make a habit out of it.

If you're doing the behavior for 25 days, of course. Now if you're repeating the behavior 10 times a day then it won't take you more than five to 10 days to actually establish a habit of it.

Of course, depending on what the new habit is and how much mental energy it consumes and through your imagination or visualization you will be able to repeat the habit several times every day.

Read More: [Important of Time Management Skills Techniques for Students](#)

And therefore psychologically speaking you will be hocking your brain into thinking that this behavior is becoming a habit even faster and therefore you'll get there of course faster.

Eliminate Excessive Options

Now you need to eliminate excessive options turn options into regular routines. When you have a lot of different options this creates uncertainty and when there's uncertainty there's not a lot of stability and when there's not a lot of stability it's really hard to establish a new habit because you will not have the levels of motivation or the levels of willpower that you need because of this uncertainty.

So a good example would be instead of saying you want to workout and not put a gym schedule saying that you will do this on Monday and this on Tuesday. And you just say I'm going to go to the gym and do whatever I want. This is you creating uncertainty and instability around your fitness journey and eventually, this will influence your habit in a bad way and you will not be able to create out of the behavior an actual habit or a lifestyle.

But dividing the days according to what you want to do defining what you want to do on Monday on Tuesday, Wednesday, Thursday, every single day and details then you're more likely to be able to transform this behavior into an automatic habit.

Habits Chain

Now we're going to talk about a technique that if you use it it can be really helpful but it can be it can have a lot of negative impact in fact on the habits themselves as individuals. Right now we're going to talk about habits change the habits change system to be specific which talks about a few habits that are interrelated. Now we're not talking about a keystone habit. We're talking about habits change because you are aware of each and every habit and they're all connected.

So creating habits change is much more effective for fixing these habits when you want to create a habit you want to establish. And you want to make it a part of your daily life. It's better to have a hobbit's chain.

So for instance, if you want to drink a cup of green tea in the morning and at the same time, you want to meditate a good habits change would be to meditate and then drink green tea right afterward. Doing this you will kind of link the two habits together so you will do a habit chain between these two habits.

But add a lot of instances what would happen is that the first or the second habit whatever you choose which whichever is first becomes a cue for the other habit. So in case, you missed one you're more likely going to skip the other one. However, this only works perfectly when one of the habits is already very well established. When the first habit is very well established meaning if every single morning you are you drink green tea. Then he can just add the habit right there through a habit that is already transformed into a behavior of behavior that is transformed into an actual habit or an actual lifestyle.

And you're linking the new Hobbit to it through the hobbit chain making it way more consistent because of the consistency of the first Hobbit that you already established in your lifestyle.

Micro and Macro

Finally, we want to talk about making micro codas and macro goals when we talk about these two concepts. We want to imply two is that your goals should be the big picture items that you wish to someday accomplish or succeed or have but your quoter's constant food the minimum amount of work that you must get done every single day to make the bigger goal a reality.

So if your goal is to establish a habit of going to the gym every day because your Eventually your big goal is to have a good physique then the minimum minimal amount of work that you need to do is to stick to the routine that you have or at least go to the gym for you not to break the habit.

So in case you get to point where you can you can't give it 120 percent that you're just tired. Make sure to at least get by with the minimum amount of work that needs to get done for that day. And of course, we talked about situations where even this is not enough and you slip and you slip into the old habit or you just miss the new

habit then it's OK. And there is a system that you can work with that we talked about to get back to it took it to be consistent and keep going back to it because the only way to make out of a behavior a habit is through consistency.

TAGS: [CREATING NEW HABITS](#) [HABIT](#) [HABITS](#) [STARTING NEW HABITS](#)

APRIL 16, 2020

MRMREDUL



RELATED ARTICLES

MOTIVATION
HOW TO AVOID NEGATIVE EFFECTS OF INTERNET

RELATIONSHIPS
HOW TO GET OVER A BREAKUP AND WHAT TO DO