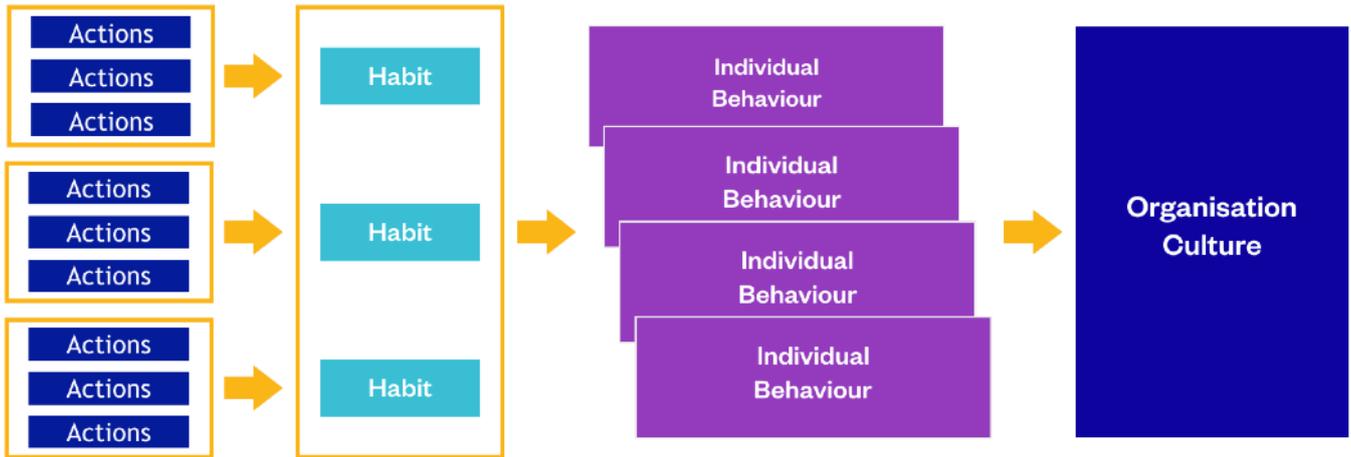


Habit Builder

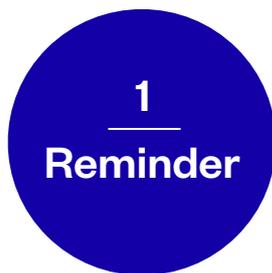
Why Build Habits?

Taking frequent actions towards habit change results in the establishment of a new behaviour, habit or routine, eventually becoming automatic. When you “stack” these habits together, they start to shift individual behaviour; when teams of people work on habit change, a new organisation culture is created.



The Science of Behaviour Change

Charles Duhigg, author of Power of Habit, writes about successful behaviour change revolving around three main concepts:



This is the trigger that initiates the behaviour.



This is the behaviour itself; the action you take.



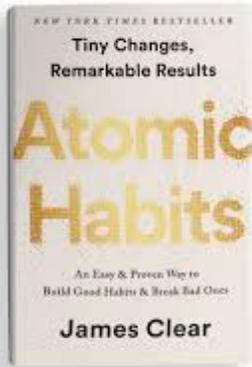
This is the benefit you gain from doing the behaviour.

WENTWORTH

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The Science of Behaviour Change (continued)



“You should focus entirely on one thing. Research has found that implementation intentions do not work if you try to improve multiple habits at the same time.”

“You are 2x to 3x more likely to follow through with a habit if you make a specific plan for when, where, and how you are going to implement it. This is known as an implementation intention.”



UC DAVIS
Integrative Medicine

Academic Habit Research

“Change **one** habit at a time, **one** month at a time.

And you absolutely **must focus on only one habit** at a time.

Research clearly shows that when people change a single behaviour at a time, the likelihood they'll retain that habit for a year or more is more than 80%. If they try to change TWO behaviours at once, their chances of success drops to less than 35%. And if they try to change THREE habits, their success rate plummets to less than 5%.”

James Clear's Five Big Ideas from *Atomic Habits*

1. Habits are the compound interest of self-improvement.
2. If you want better results, then forget about setting goals. Focus on your system instead.
3. The most effective way to change your habits is to focus not on what you want to achieve, but on who you wish to become.
4. The Four Laws of Behaviour Change are a simple set of rules we can use to build better habits. They are:
 - 1st Law – Cue: make it obvious – connect it to an existing habit or trigger event
 - 2nd Law – Craving: make it attractive – something you want to change
 - 3rd Law – Response: make it easy – something small you can achieve quickly
 - 4th Law – Reward: make it satisfying – understand the benefits of achieving it
5. Environment is the invisible hand that shapes human behaviour.

WENTWORTH

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