
6 SIMPLE HACKS TO HELP YOU BUILD NEW HABITS

Creating new habits isn't easy....but it's not impossible!

Here are six simple hacks that will make it a little easier. Use them until you've internalized the new habit and don't need them anymore.

Schedule It And Put It On The To-Do List

#1 Sometimes we forget to do that new thing we were trying. Maybe we forget that we're trying to educate every Guest on the products used on them, instead of just ending the visit. Schedule your new habits or make them part of your daily to-do list until they become something you do automatically.

Make It Public and Be Accountable

#2 Let family, friends, and co-workers know what new habits you're trying to establish. They will call you out if you don't stick to your plan and get you back on track. You may even go as far as sharing it publicly on Facebook or write a blog about your new journey. Knowing that others read it and know about it might be just enough to keep you going when you feel like throwing in the towel.

Piggyback On A Habit You Already Have

#3 Whenever possible, add the new habit to one you already have. For example, if you fix a cup of tea or coffee at 4pm, and you want to get in the habit of taking a daily walk, make the new ritual to go for your walk and then come back and enjoy your tea. It's much easier to amend an existing habit or ritual than creating an entirely new one.



Make Slip-ups Costly

#4 Here's a fun idea. Put a jar or envelope in your station and each time you slip back into your bad habit or forget to stick to the new one you have to put five dollars in the jar. It will quickly help you remember that new behavior that you are trying to create. For extra motivation, use the money at the end of the month to splurge on someone you care about or do something special to reward yourself for your accomplishment.



Find A Partner and Help Each Other

#5 Find someone with the same or similar goal. This could be a workout partner or a diet buddy. Keep tabs on each other and encourage each other to keep going. It's much harder to skip a walk if you know someone else is depending on you being there.

Make It A Group Challenge

#6 If one accountability partner is good, a whole group is even better. And they don't even need to be local. Find a supportive group online and challenge each other to stick to your new habit for the next 30 days or so. Not wanting to be the first one to give up will keep all of you going until you establish that new habit.

Give these simple little hacks a try. Keep using the ones that you find helpful until you have made new habits you can stick with without the help of any tools or support.

