

Habit Change

Understanding your habits, is the first step to taking control of them.

Habits are routine behaviours created from repetition and physiologic exposure that are completed, often subconsciously, in order to serve a purpose. That's the important thing. All habits, no matter how innocuous or mundane they may seem, serve a purpose, otherwise we wouldn't have them.

We take a look at exactly what they are, and how we can change them to work for us instead of against us!

What do we cover?

What are habits?

A breakdown of the science of habits.

Why are habits useful?

A look at how our daily habits serve or disserve us.

How do they work?

The 4 links in the habit loop examined :

- Trigger
- Desire
- Action
- Reward

Building a habit

A step-by-step guide to building good habits.

Breaking a habit

A step-by-step guide to breaking bad habits.

Building your habits to reach your goals.

"All our life, so far as it has definite form, is but a mass of habits - practical, emotional, and intellectual - systematically organized for our weal or woe, and bearing us irresistibly toward our destiny, whatever the latter may be" William James

Habit trajectory

A visual representation of how habits amount to achievements.

Building a morning routine

A step-by-step guide for how to win the morning, and the day.

Habit tracker

A custom-built habit tracker to help you track and control your daily habits.