

HABITS AND ROUTINES

Habits and routines minimize decision fatigue.

Habit - singular ingrained behavior

Routine - a sequence of joined behaviors

Anchor habits to your environment - a scent or space can trigger a specific type of work.

The major upshot of routines is that the only choice you need to make is to start the routine; the rest of the sequence has the inertia to complete itself.

List habits and routines throughout your day.
Check mark those that help.
Highlight those that don't.

Habit stacking idea: easier to attach a new routine or habit to an established one (ie brushing teeth)

Gamify - apps that track your streak

How can emotion shifters from session 3 help with helping participants develop habits and routines?