





THE POWER OF HABITS

How small actions shape our lives, and
how we can change it



WHAT ARE HABITS

- automatic behaviors or routines repeated so frequently that they become unconscious actions
- For brain efficiency: habits save energy.
- **“Zombie mode”**



WHY HABITS MATTER

- Shape 40–50% of daily actions.
- Small habits → big life outcomes (positive or negative).
- “Just be one percent better” — James Clear

$$1.01^{365} = 37.8$$

$$0.99^{365} = 0.03$$

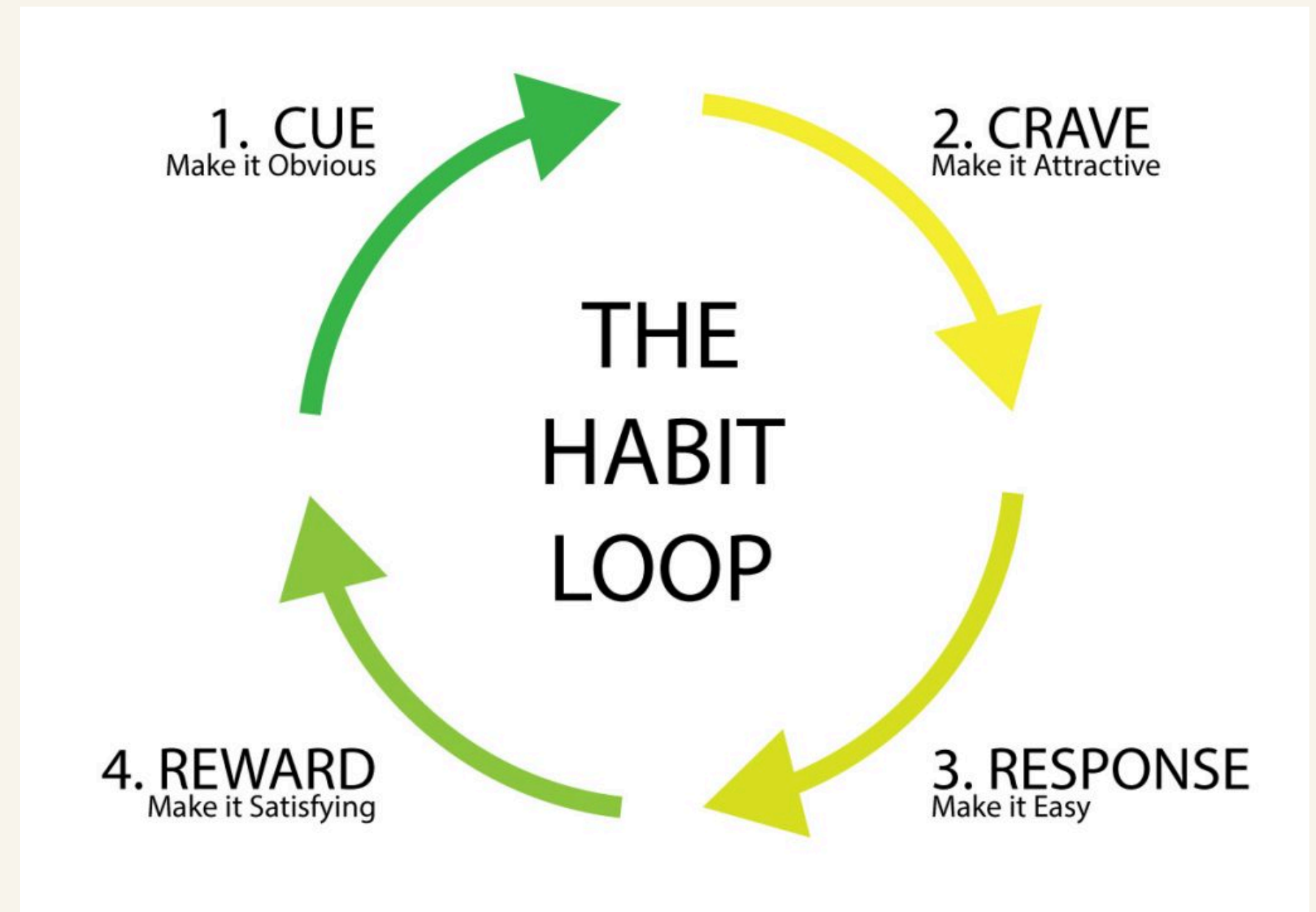
KEYS OF HABITS

Cue : Something that triggers the habit

Crave: The feeling or desire it creates.

Response: The action you take

Reward: The benefit you get



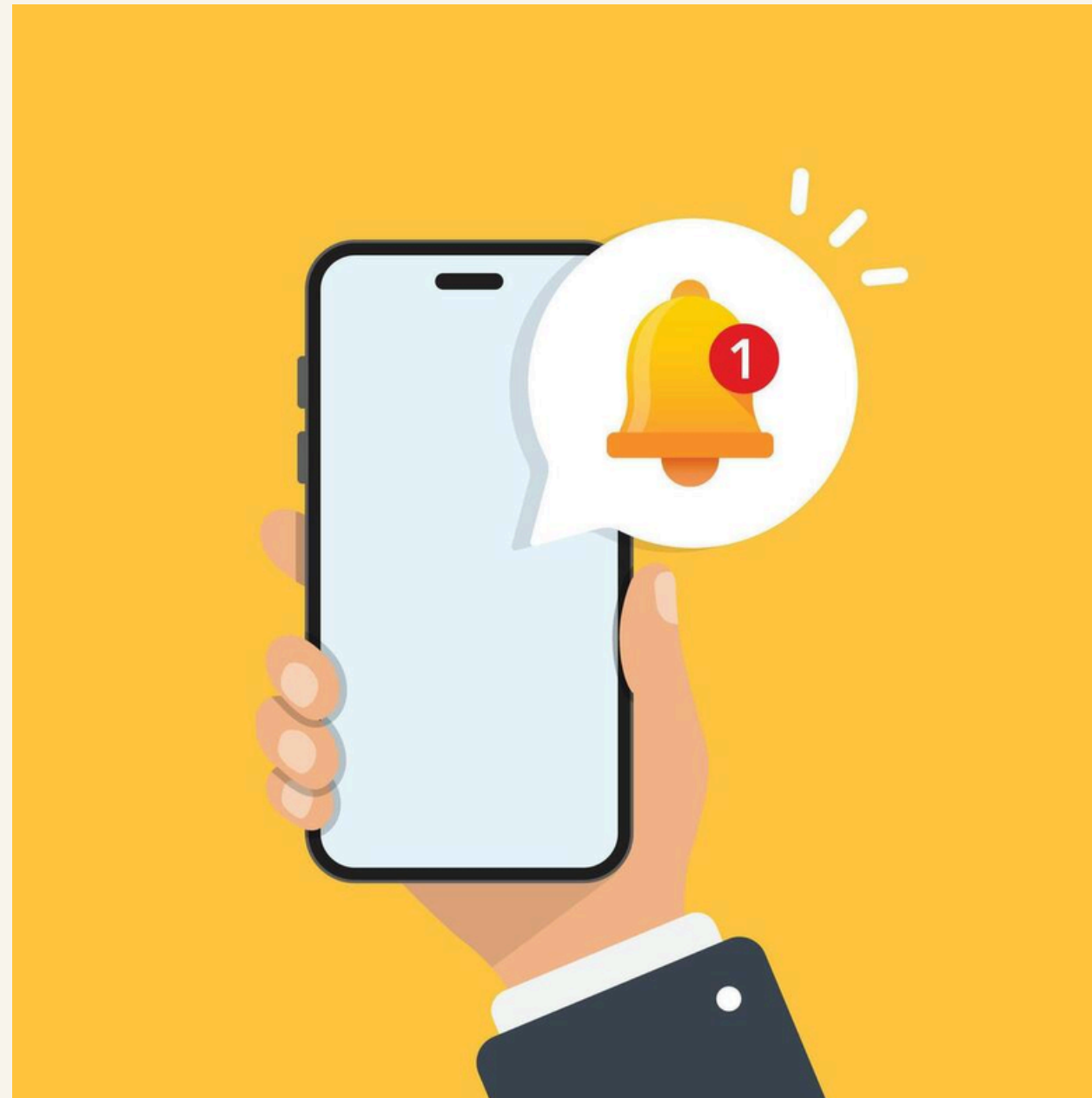
KEYS OF HABITS EXAMPLE

Cue :

Crave:

Response:

Reward:

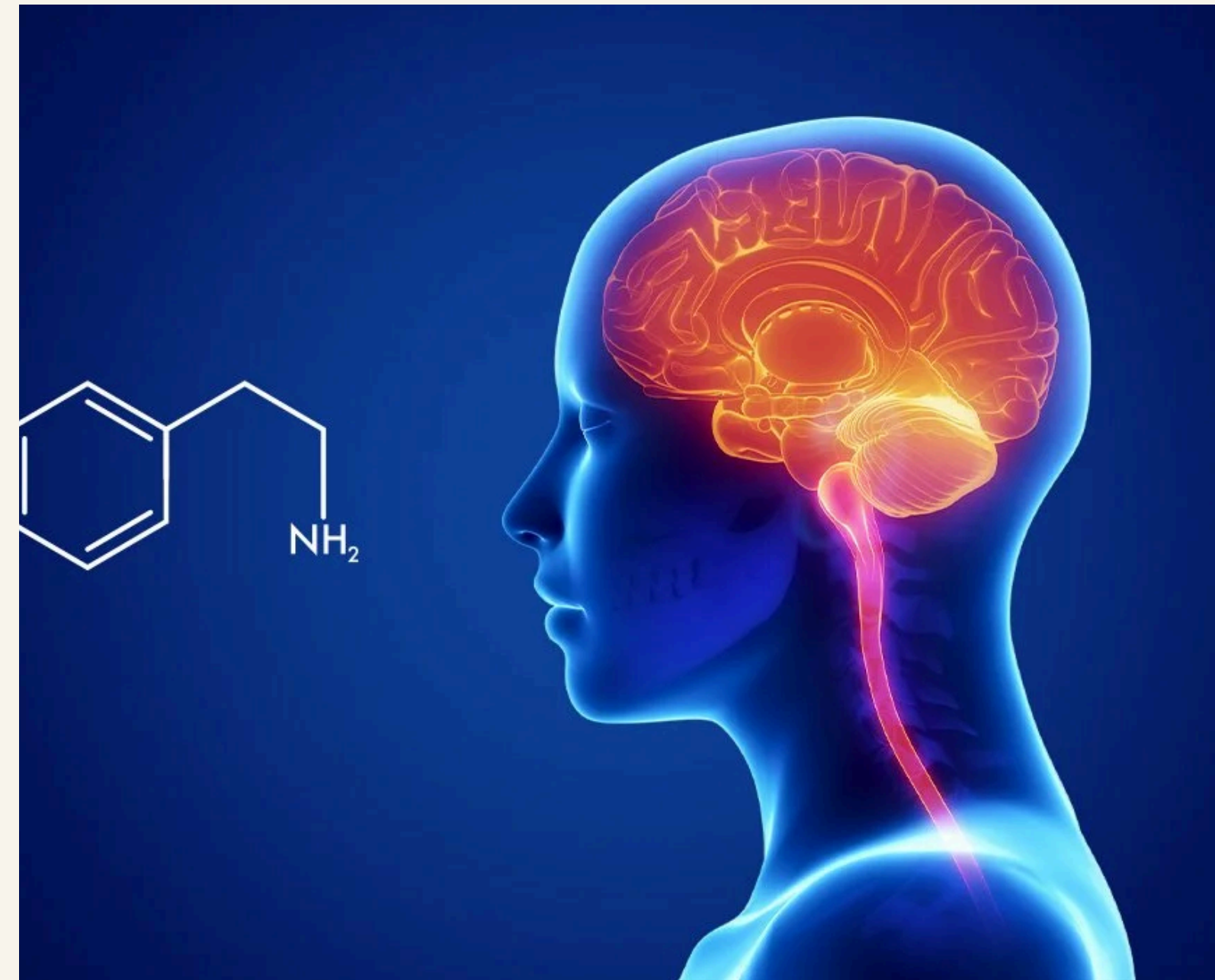


HOW HABITS ARE FORM

When you do something enjoyable , your brain releases dopamine.

Dopamine teaches your brain: "This action was good, do it again."

The more you repeat the action, the stronger the brain pathway becomes.



Environment design

BUILDING GOOD HABITS



BREAKING BAD HABITS

Use “Friction”

- Unplug the console after playing
- Removing all snacks in your fridge
- Put your phone away when studying



CONCLUSIONS

THANK YOU