

ATOMIC HABITS

James Clear

How to Stick to our Habits

Habit Trackers

A habit tracker is a simple but effective technique to keep your habits on track. Use the free printable habit trackers on 101planners.com to mark each day that you stick with your chosen behaviors. Since habit tracking itself is an attractive, and satisfying habit you will find it will help you keep on track. The anticipation and action of marking your habit tracker each day will feel good and keep you motivated.

James clear suggests that you never miss twice. If you miss one day, try to get back on track as quickly as possible. Don't break the chain. Try to keep your habit streak going for as long as possible.

Habit Contract

A habit contract is a good framework to keep your habits on track since it imposes negative consequences if you fail to do so.

Use the free printable habit contract on 101planners.com. In the habit contract you will commit to doing something and you will identify specific habits that will help you reach that goal.

You then set up penalties for not doing those things. Once you have completed it, sign it and get two people you respect to sign it as well. Choose people who you will not want to disappoint or lose face in front of if you don't do what you committed to doing.

"A habit contract can be used to add a social cost to any behavior. It makes the costs of violating your promises public and painful."

"Knowing that someone else is watching you can be a powerful motivator."