

Fundamental of habit

- Just **1% better everyday** will make a big progress, the power of habit.
- There's *tipping point* in the benefit of habits. Habits result works in **exponential**, it will be hard and slow at first but as you move on things will move fast.
- In reality, the *results* of our efforts are often *delayed*. It is not until months or years later that we realize the true value of the previous work we have done. This can result in a **valley of disappointment**
Valley of Disappointment
- **Focus on system** instead of goals. Goals are short and momentary, system will do better in the long run

True behavior change is identity change. You might start a habit because of motivation, but *the only reason you'll stick with one is that it becomes part of your identity*

Process of building habits

All of these are *circular* process, each affects the next and the last one affects the first again. The question is now **HOW TO**

1. Cue: Make it **obvious**

- And to break bad habit: Make it *invisible*
- *Cues of a habit can be so obvious that it seem invisible*. It will go under unconscious process which will make your reactions faster. Because of this, you **will do bad habits without realizing them**. Some ways to bring them to conscious:
 - **List and mark** all of the habits with *+* for positive, *-* for negative and *=* for neutral
 - Pointing-and-Calling: *say out loud* what you are thinking and about to do
- The two most common cues are *time* and *location*.
- **Implementation intention**, which is a plan you make beforehand about when and where to act

"When situation X arises, I will perform response Y."

Fill out this sentence: **I will [BEHAVIOR] at [TIME] in [LOCATION]**. So that your

intention is clear and you have no excuse for not doing it.

- **Habits stacking**, doing many habits consecutively, one triggers another

Formula: **After [CURRENT HABIT], I will [NEW HABIT]**. Be *specific* and *clear*

- **Environment** is more likely to affect you more than motivation
 - *Design the environment* like putting things in obvious place.
 - Habits associate with context, the surrounding. So **One space, one use**
 - *Self-control* is only a *short-term* strategy, **optimizing environment** is a better spend of energy.
 - *Cue-induced wanting* phenomenon: an external trigger causes a compulsive craving to repeat a bad habit. Once you **notice** something, you **begin to want it**.
So to *break bad habit*, make it *invisible*. For example, leave the phone in another room, make food harder to reach, block porn website.

2. Craving: Make it **attractive**

And to break bad habit: Make it *unattractive*

- The more attractive a activity is, the more likely it will become a habit
- Premack's Principle: **More probable behaviors will reinforce less probable behaviors.**

The habit stacking + temptation bundling formula is: **1. After [CURRENT HABIT], I will [HABIT I NEED]. 2. After [HABIT I NEED], I will [HABIT I WANT].**

- Habits imitate (copy):
 - a. Imitate **the close**: We pick up habits from our close one. So if you want to build a habit, *get around with those who think your action is normal*.
 - b. Imitate **the many**: Going against the groups is not very attractive so make *your habits fit your group* (does not mean you have to give up good habits to fit in)
 - c. Imitate **the powerful**: Because we want to be respect and powerful. We copy what successful people have done so we can be like them.
- The specific cravings you feel and habits you perform are really an **attempt to**

address your fundamental underlying motives.

- **Make a ritual** to build habit. For me, it could be putting my headphone to help me focus on reading.

3. Response: Make it **easy**

And to break bad habit: Make it *difficult*

- Idea between **motion and action**: *Motion is when planing and strategizing. Action is the type of behavior that will deliver an outcome.*
- Motion is useful but **action is the key to get something done**. Motion make us feel like we're making progress
- **Learning curve is logarithmic**, it will be hard as first but it will get easier as time goes on
- **Two-minute rule**: "When you start a new habit, it should take less than two minutes to do.". The idea is to *make your habits as easy as possible to start*
 - "Read before bed each night" becomes "Read one page."
 - "Do thirty minutes of yoga" becomes "Take out my yoga mat."
 - "Run three miles" becomes "Tie my running shoes."
- Using **Commitment device**: a choice you make in the present that controls your actions in the future. Such as banning all porn website, cut off the Internet when it's night time.

4. Reward: Make it **satisfying**

And to break bad habit: Make it *unsatisfying*

- **We tend to value immediate reward** more than delayed reward.
- You would want the ending of your habit to be satisfying. The **short-term reward should be aligned with long-term vision**
- Use a **habit tracker**. Track them down after finishing one. And **keep habit on streak**
- **Goodhart's Law**: When a measure becomes a target, it ceases to be a good measure. So be careful when making measurement

More on building habits

- **Choose the right habits for you.** Everyone is different so each will have their own types of enjoyment.
- **Using explore and exploit strategy** to find the appropriate habit.
- *Things can get boring* after certain times of repeating. **The most important thing is keep doing it**, get pass boredom and finish your work.