

because you *don't* have the inertia of all of your existing habits to fight against. If you plan it right, then the amount of willpower you'll need to start your new habit will *drop*, and you can use that to establish your routine. Then you just need to manage the transition back home (using the techniques discussed in the last email) and you're golden.



Big moves can be challenging, but you can use them to your advantage.

Strategies for taking advantage of a large life event

Let's assume that you know when a big disruption is going to occur, so it's more "new house," than "heartbreak." If it's the latter, then you can follow the same steps, just without as much calendar use and pre-planning.

1. Pre-Plan for the *Start* of the Habit

Right now, starting is a high difficulty, high will-power task because you may not know exactly *how* to start. Lower the difficulty of that task in advance by breaking down the process into tiny, tiny steps (e.g., if you haven't read my book yet, then your first step might be "read one page of *Fluent Forever*" or even "Go to Amazon.com"). What's the *smallest thing you can do* to make starting easier?

Choose that, and find a time to do it. If you can do it before your upcoming disruption, that's better. It will give you more time to focus on building habit automaticity during the disruption itself. Besides, it's kind of fun to procrastinate a new habit by doing every possible preparatory step ahead of time.

2. Plan for the Habit Itself:

Set up specific plans during the disruptive event and put them in your calendar.
(On the second day of my business trip, when I finish changing into my clothes for the day, I will pull out my phone and study one flashcard)

If you have the opportunity to make this first, habit-establishing moment really memorable or dramatic, do it. That'll help add novelty and excitement, which feels good. Good feelings lead to habits that establish themselves more easily. *(On the second day of my business trip, when I finish changing into my clothes for the day, I will pull out my phone, walk to the balcony, look at the ocean and then study one flashcard)*

3. Plan for the Transition Back:

If this is a *permanent* disruption (a new house, a new job), then there's not much more planning to do. Just be sure to prepare for setbacks and you'll be all set.

If this is a *temporary* disruption (a business trip), then plan for the transition back to your normal life/location. If your cue is going to change (perhaps you're studying *after your morning meeting*, and at home, you don't have a morning meeting), then decide clearly upon a new cue. Lower the difficulty of your routine (drop your new cards/day and max reviews/day way down), and ramp up rewards (so, so much ice cream) until the habit is re-established in your new setting.

That's all for today! See you next time
-Gabe

PS: If you have a major life event coming up, and you're going to use it to kickstart your new language learning habit, I'd love to hear about it. Share it with the Fluent Forever community [via our Facebook group](#).



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