

The 2nd Law: Make it attractive. Inversion: Make it unattractive.

## Make Your Temptation Bundles (2nd Law)

| Things you want to do and enjoy | Behaviors you want to cultivate |
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Can you link one **enjoyable activity** (in the left table) with one **task/behavior** you want to cultivate?  
E.g., only watch Netflix while using the treadmill

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You can build a new habit by identifying a current one that you enjoy doing consistently, like watching Netflix, and link it to a habit you need to do (temptation bundling). *After [habit you need to do], I will [habit you want to do].*