

Atomic Habits

- Spending atleast 2 minutes for something that we like to improve
- Aggregation of marginal gains

Why Habits?

- Good Habits create freedom.
 - Good financial habits vs Bad financial habits
 - Good health habits vs Bad health habits
 - Good gtd habits vs Bad gtd habits

How Habits formed?

- Cue - Different Cue for different person
- Crave - Motivational force
- Response - Habit
- Reward - Satisfy/Teachus
- Cue|Crave|Response|Reward
- (Cue|Crave=Problem Phase)|(Response|Reward=Solution Phase)
- bored|need_to_do_be_entertained|watch_netflix|enjoy_entertainment
- We associate problem phase with solution
- Cue - Difficult office task, crave for relief, response - check twitter, reward - relieved (if office issue, check twitter)

Cue

- Unconscious cues?
- Conscious Cues?

Crave

- What we crave for is the state change (not habit itself)
- Craving for feeling of relief than Cigarette
- Craving for entertainment than Television
- Craving for clean month than brushing

Why habit won't be formed

- Lack of cue, habit will not start
- Reduce the craving, reduce the motivation
- Make habit difficult such that we can't do that, we won't even start
- Rewards fails to satisfy, then habit becomes useless

To Create Habit

- Cue: Make it obvious (clear)
- Craving: Make it attractive
- Response: Make it easy
- Reward: Make it satisfying

Habit formation

- Prepare Habit table
- Point and call (don't just think)
 - After 3:00PM, I would book flight ticket (loud and clear)
- Specify DTP, (date, time and place) to perform a habit
 - Everyday 5:55PM, I would double check the office todo
- Habit Stacking - Diderot Effect
 - One spending leads to another, one purchase leads to another, One habit can be stacked with another
 - Right after brushing my teeth, I would weigh my weight, and do 10 push ups at the hall.

To find a bad Habit

- List all your habits
- Score +/-/=
- Say loud before every habit and its consequences

To break a bad Habit

- Cue: Make it invisible (clear)
- Craving: Make it un-attractive
- Response: Make it hard
- Reward: Make it unsatisfying

Pointing and Calling

- Use eyes, mouth, ear and hands
- “I have got my keys, wallet, phone, train-pass and ear-phone”

Quotes

- Until you make unconscious conscious, it will direct your life and you call it fate - Carl Jung

- Plant a tiny seed in right spot, and it will grow without coaxing
- $B=F(P,E)$ = Behaviour is function of person in an environment
- $B=MATHS$ = Behaviour = Motivation + Ability + Trigger + Habit + Success

Useful tiny habits

- Use behaviour stack, behave, Dance/reward/Bingo/IAmSUPER
- After I pee, I do 2 push-ups

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	Green behavior Do <u>new</u> behavior, one that is <u>unfamiliar</u>	Blue behavior Do <u>familiar</u> behavior	Purple behavior <u>Increase</u> behavior intensity or duration	Gray behavior <u>Decrease</u> behavior intensity or duration	Black behavior <u>Stop</u> doing a behavior
Dot behavior is done <u>one-time</u>	GreenDot Do new behavior one time <i>Install solar panels on house</i>	BlueDot Do familiar behavior one time <i>Tell a friend about eco-friendly soap</i>	PurpleDot Increase behavior one time <i>Plant more trees and local plants</i>	GrayDot Decrease behavior one time <i>Buy fewer boxes of bottled water</i>	BlackDot Stop doing a behavior one time <i>Turn off space heater for tonight</i>
Span behavior has <u>duration</u> , such as 40 days	GreenSpan Do new behavior for a period of time <i>Carpool to work for three weeks</i>	BlueSpan Do familiar behavior for a period of time <i>Bike to work for two months</i>	PurpleSpan Increase behavior for a period of time <i>Take public bus for one month</i>	GraySpan Decrease behavior for a period of time <i>Take shorter showers this week</i>	BlackSpan Stop a behavior for a period of time <i>Don't water lawn during summer</i>
Path behavior is a <u>permanent change</u>	GreenPath Do new behavior from now on <i>Start growing own vegetables</i>	BluePath Do familiar behavior from now on <i>Turn off lights when leaving room</i>	PurplePath Increase behavior from now on <i>Purchase more local produce</i>	GrayPath Decrease behavior from now on <i>Eat less meat from now on</i>	BlackPath Stop a behavior from now on <i>Never litter again</i>

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- BehaviourGrid:
- After I drink a glass of water, I will do 10-15 body-weight squats.
- After I pour a cup of tea, I will do a 30-second plank.
- After I go the restroom, I will do four or five push-ups.
- After I walk in my office, I will do 10-15 reverse dumbbell flies.
- After I walk in my apartment, I will do 10-15 lateral dumbbell raises.
- After I watch video, I will leave a comment

If habits are not sticking

- Do we really need it? Do we really love that skill/output?
- Do we despararately need them?
- Are there anything more important than what we try?

Reference

- BJ Fogg - Tiny habits - Stanford Behavior Design Lab
- Habits - The Definitive Guide to Lasting Change
- Habit Stacking: 97 Small Life Changes That Take Five Minutes or Less
- S J Scott