

Happiness Advantage 6

Think about a habit you would like break, or one you would like to create. Using the ideas of 20 Second Rule, how would you do this? Be specific.

What is the behavior?

I want to be able to wake up earlier. I want to wake up at like 7 or 8 and be able to get my breakfast and just start doing my normal routine. To align it with the 20 second rule I have to up and out of bed in 20 seconds.

How are you going to repeat this behavior?

Sleeping every day to wake up at the requisite time to implement this 20 second time limit is how I will repeat this behavior. The first few times will be the hardest since it is new and I won't want to keep it up.

What is the activation energy you need? What is your path to least resistance?

I need high activation energy relative to my other activities to accomplish this task. Waking up is easy, but my goal is to wake up and move about. That is difficult for me since I tend to sink in to my bed. The path to least resistance is better sleep schedules and maintaining such a schedule.