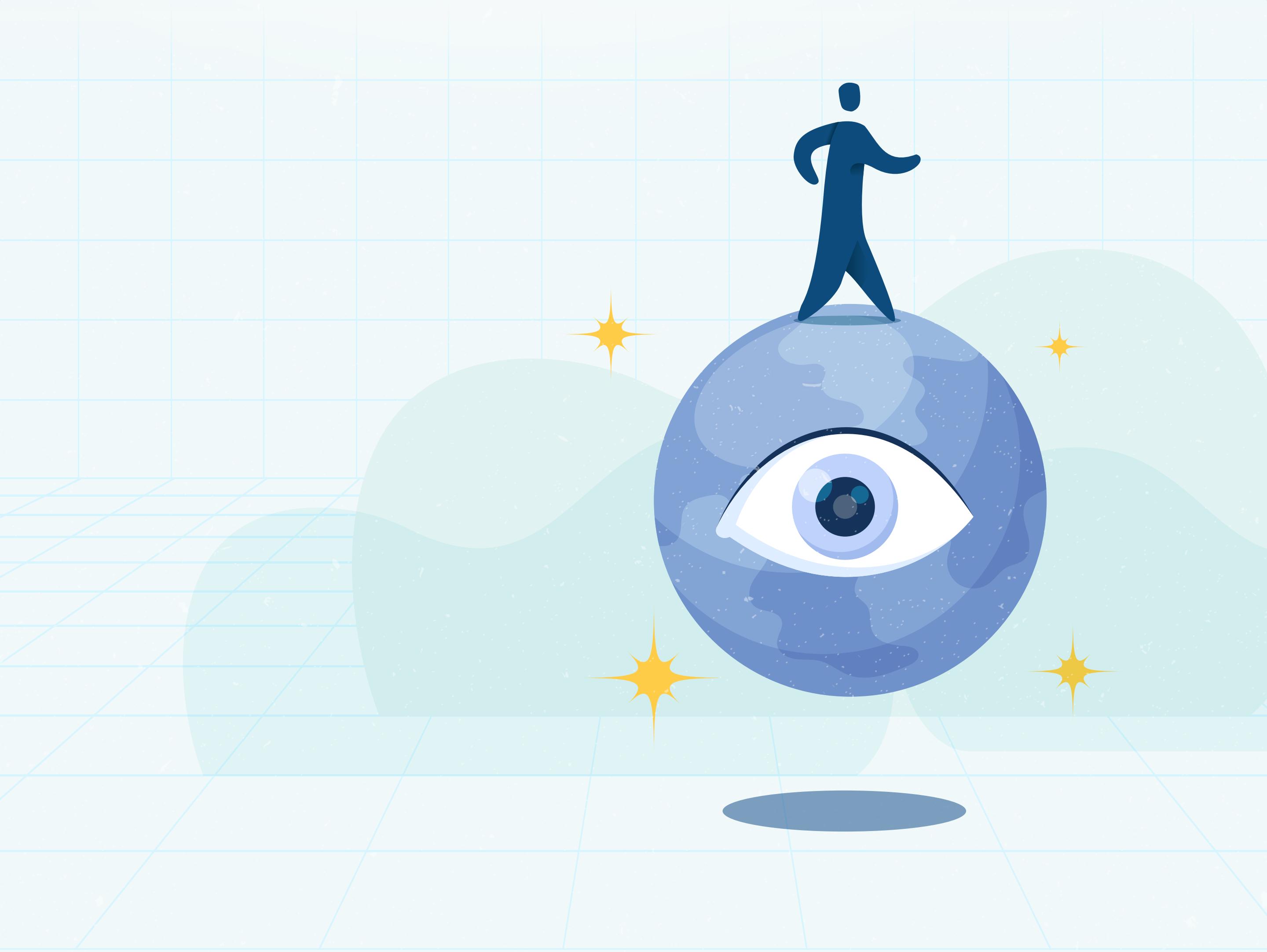




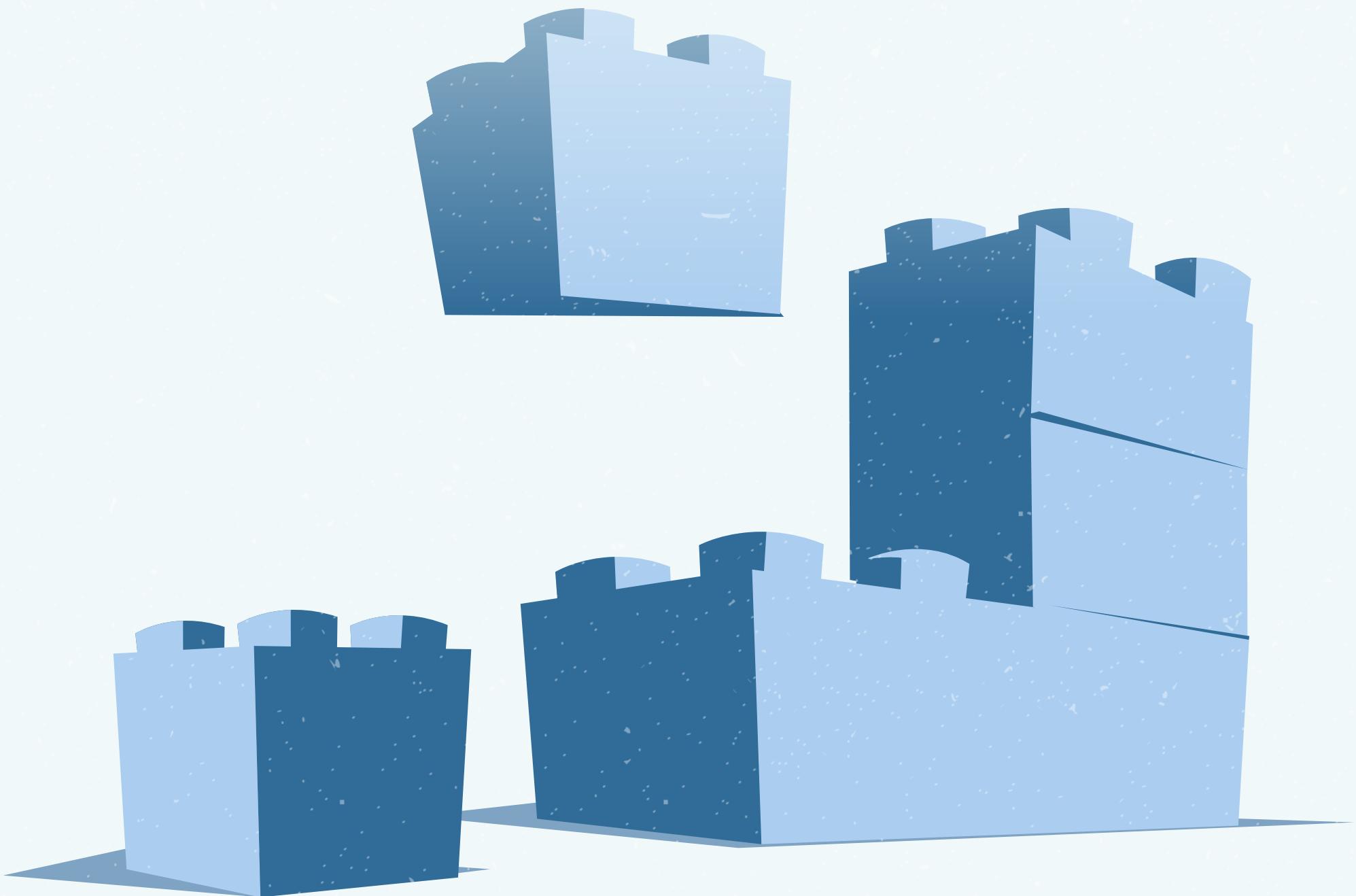
How to Stick to New Habits

The Power of Visualization



Today's visualization exercise is something you must include in your habit-building toolkit.

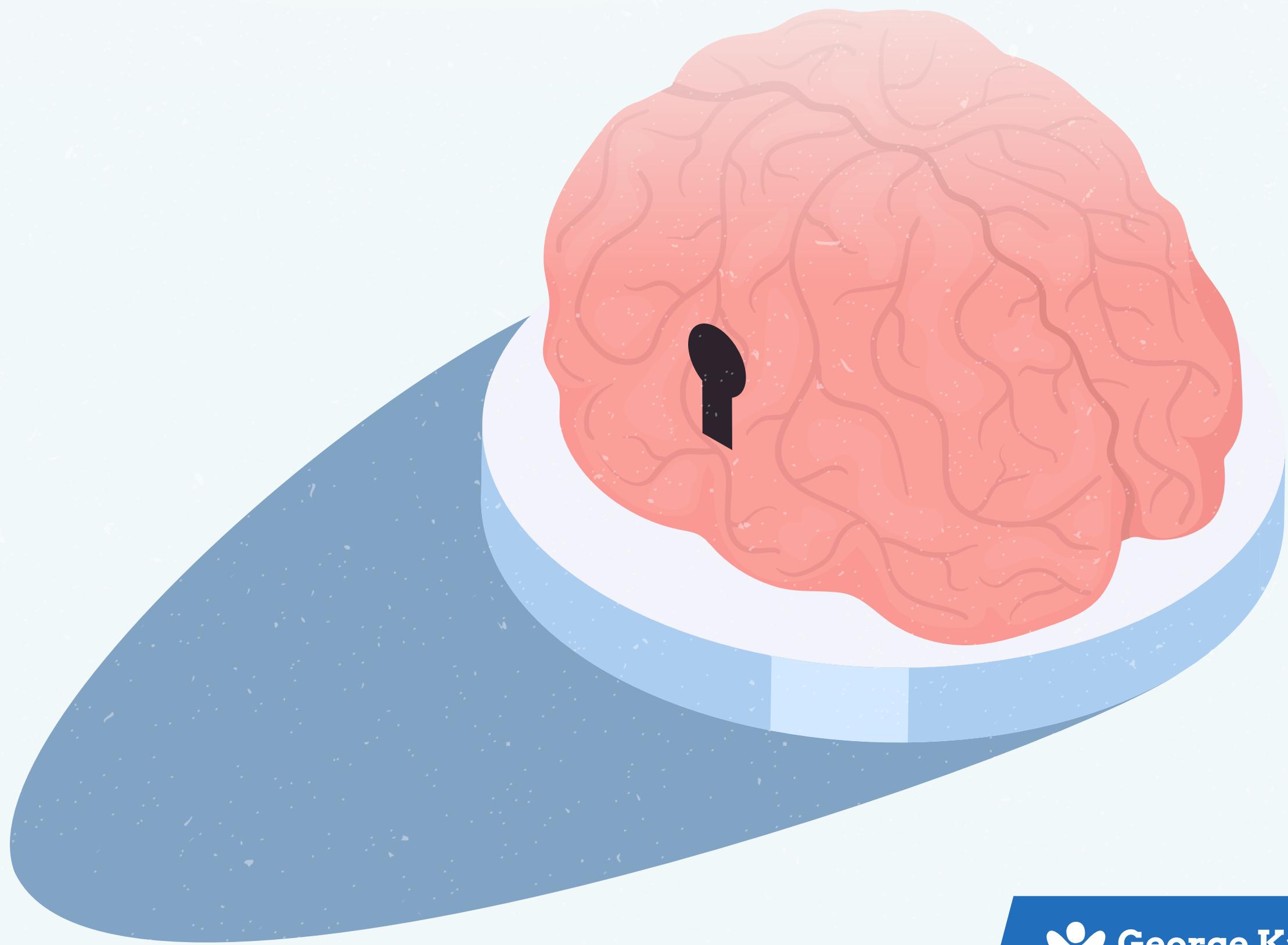
It is a simple and effective tool that can significantly enhance your ability to form new habits.



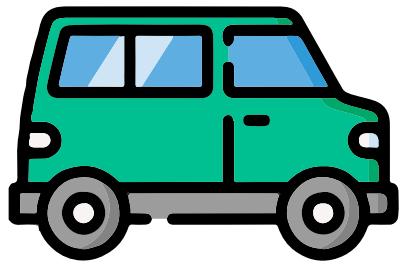
It works because of a type of memory called

Procedural Memory

Procedural memory is the memory of how to do something and is responsible for the automatic execution of tasks in daily life.



Here are some examples:



Driving a car



Riding a bike



Tying shoelaces



Typing on a keyboard

When you visualize, you engage your procedural memory, increasing the likelihood of building and maintaining a habit.

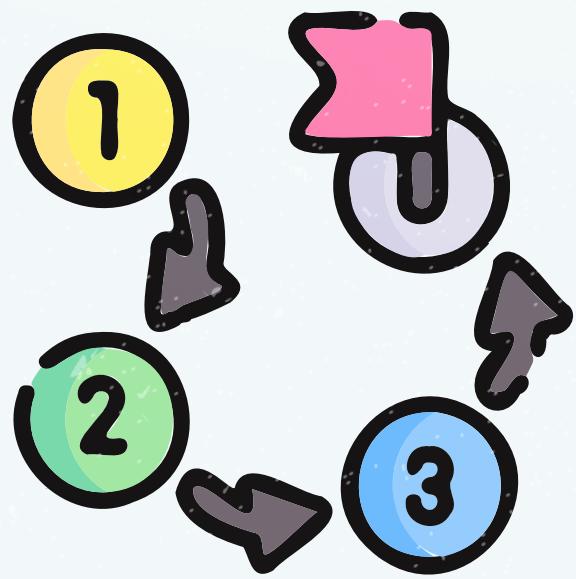
Here's how you can perform this visualization exercise ►





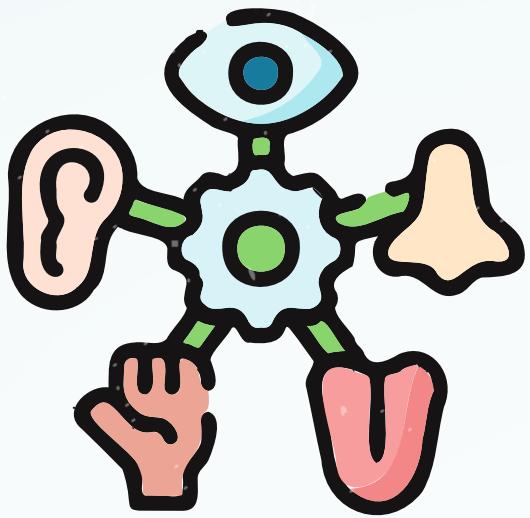
1. Identify the Habit:

Choose a habit you want to form. It could be anything from drinking more water to practicing meditation.



2. Visualize the Steps:

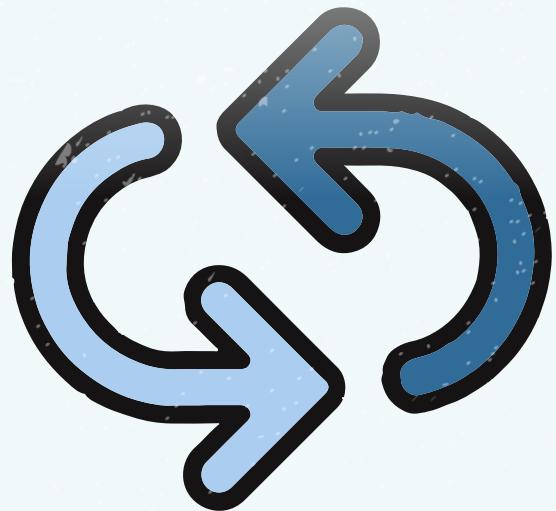
Clearly picture each step involved in the habit. For instance, if your goal is to drink more water, visualize yourself filling a glass, drinking it, and refilling it throughout the day.



3. Engage All Senses:

Make the visualization as vivid as possible.

Imagine the feel of the glass in your hand, the cool water going down your throat, and the satisfaction of staying hydrated.



4. Repeat Regularly:

Make visualization a daily practice. The more you visualize the habit, the more it becomes ingrained in your mind.



**I first heard about this in the
following Huberman Lab podcast:
The Science of Making & Breaking Habits**



How often do you use visualization techniques?

Let me know in the comments if
you'd be interested in learning
more about them.





If you vibed with this... My newsletter is made for YOU!

Subscribe today and I'll send you a dozen of my most popular and effective health-promoting guides!

How to calm your mind
(and command respect):

Let's go ➤

7 TIPS TO RECLAIM YOUR FOCUS
(and improve your mental health)

Combat Popcorn Brain ➤

How To Kickstart Your Recovery After A Workout:
(like elite athletes):

Invest 10 minutes ➤

How To Overcome PROCRASTINATION
(on computer-related tasks)

1 Acknowledge
2 Clarify
3 Balance
4 Visualize
5 Disconnect
6 Restart
7 Leverage the dopamine system
8 Breathe
9 PRO TIPS:
Stick to your schedule
10 Love

"You're not a procrastinator. You have a habit of procrastinating."
—Mel Robbins

How to Increase Your WILLPOWER
Using Science-Backed Tips:

But first, what is willpower? It's about intervening in your default processes. And you can increase it by triggering the activation of a hub in your brain called the Anterior Mid Cingulate Cortex (AMCC).

Here are 5 things you can do (today) to increase your willpower:

Embrace Challenges
Start a new hobby or activity that's outside your comfort zone.

Incorporate Daily Micro Sucks
These are small, challenging tasks or resistances, like:

Resist Temptations
Simple acts of resistance activate the AMCC. Examples:

Stay Curious & Keep Learning
Dedicate some time each week to explore a new topic or subject. Take a course in an area outside your realm of expertise.

Reward Yourself
A reward can be a great reinforcement agent, but only if it's meaningful to you. And (please) make sure it is a health-promoting reward!

"You've already determined what's important while planning. Don't question your priorities." —Steve Jobs

Transform Your Health
How to Effortlessly Hit 6,000 Steps A Day

This simple yet effective approach ensures you incorporate a healthy amount of walking into your daily routine. At a minimum, take these 3 walks and you'll be set to reach your daily movement goals!

Early Morning Walk

Benefits: Boosts energy, Regulates your circadian rhythms, Promotes mental clarity

Ideas: Practice mindful walking, Leave the car behind, 15-20 mins, 2,000 Steps

Post-Lunch Walk

Benefits: Aids in digestion, Improves performance at work, Combats the post-lunch slump

Ideas: Listen to a book or podcast, Walk with a colleague or a friend, 15-20 mins, 2,000 Steps

Post-Dinner Walk

Benefits: Relaxes the mind, Improves digestion, Helps you wind down, Regulates blood sugar

Ideas: Call a family member or friend to catch up with them, Reflect on your day, 15-20 mins, 2,000 Steps