

Habit Breakdown

One of the hardest parts of establishing a new habit is getting started. However, by breaking a habit into small steps and practicing for as little as 2 minutes every day, you can overcome this common barrier.

Habit-Building Process

- 1 Break your desired habit into 5 steps. The first step should be very easy and take no more than 2 minutes to complete. By the final step, you should be practicing the entire habit.
- 2 Complete *step 1* every day, until it becomes a habit. You may complete more steps when you feel motivated, but completing *step 1* consistently is the most important goal.
- 3 When *step 1* becomes a habit, it serves as a building block toward *step 2*. At this point, make it your goal to complete *steps 1 and 2* every day. Continue this cycle until each step becomes a habit.

Example 1

New Habit	<i>Walk for 30 minutes every evening.</i>
Step 1	<i>Change into exercise clothes after work.</i>
Step 2	<i>Walk around the block.</i>
Step 3	<i>Walk for 10 minutes.</i>
Step 4	<i>Walk for 20 minutes.</i>
Step 5	<i>Walk for 30 minutes.</i>

Example 2

New Habit	<i>Go to bed by 10 PM every night.</i>
Step 1	<i>Be home by 9 PM every evening.</i>
Step 2	<i>Brush teeth and shower by 10 PM.</i>
Step 3	<i>Turn off all electronics by 10 PM.</i>
Step 4	<i>Do all the previous steps one hour earlier.</i>
Step 5	<i>Be in bed by 10 PM.</i>

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New Habit

Breakdown

Step 1	
Step 2	
Step 3	
Step 4	
Step 5	