

Keystone Habits

Curated by Simon De Los Rios

WHO IS THIS FOR

This practice is for anyone trying to change too much at once and ending up changing nothing.

PAIN

Overhauling your whole routine, burning out on the effort within two weeks, and going back to where you started.

SOLVES

Gives you one small, repeatable habit that pulls other good behavior behind it, instead of trying to fix everything at the same time.

TOPIC

BURNOUT & OVERWHELM

LIFE & MEANING

READ TIME
2 minutes

TIME REQUIRED
15 min

WHAT YOU NEED
notebook, pen

BEFORE YOU START

My invitation, take some time for yourself. Put your phone somewhere else and avoid distractions. Put on music you like and if you feel like it, brew yourself a nice cup of coffee or a tea. And lastly, but most importantly, try to have fun... this must be an activity to be enjoyed.

Step 1: Understand the idea

A keystone habit is one small routine that, done consistently, makes everything else in your life a little easier. You are not overhauling anything, you are finding the one thing that pulls the rest along behind it.

- What is one small thing, done consistently, that would make me feel more in control of my day?

Step 2: Pick your one habit

Choose something manageable, something that would make you feel good about yourself if you did it daily. Resist the urge to pick something ambitious.

- What habit, if I skipped it, would I notice the absence of most?

Step 3: Attach it to something you already do

Habits stick better when they follow an existing routine. Decide exactly when this happens, after coffee, before lunch, before bed.

- What is already a fixed point in my day that I could attach this to?

Step 4: Commit to two weeks, nothing else

Do this one habit for two weeks before adding anything else. No stacking, no second habit, no perfect streak required.

- What would make me quit early, and how can I plan around it?

Example. Someone commits to a 20-minute walk every morning. Within a few weeks they are sleeping better, eating with more intention, and starting work with less resistance. They did not plan any of that. The walk pulled it along.

BEFORE YOU CLOSE THIS

You do not need a perfect streak. You need two weeks of mostly showing up.

CONTINUE WITH

Trademark Week, once one habit is holding, this practice helps you design the rest of your week around what actually works for you.

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Source: Joel Burgess