

Self-Help Tools: Keystone Habits

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Source: *Joel Burgess*

A keystone habit is one small routine that pulls other good behaviors behind it. You do not overhaul your life. You find one thing that, when done consistently, makes everything else a little easier.

When you stick to something small, you start to trust yourself more. That trust spills into your decisions, your discipline, and how you show up in other areas.

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.

Try this:

- Pick one habit that feels manageable and would make you feel good about yourself if done daily.
- Attach it to something you already do: after morning coffee, before lunch, or before bed.
- Do it for two weeks before adding anything else.

Ask yourself:

- What is one small thing, done consistently, that would make me feel more in control of my day?
- What habit, if I skipped it, would I notice the absence of most?