PRACTICE

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	TIME REQUIRED	WHAT YOU NEED
2 minutes	15 min, then two weeks	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: Pick your one habit

A keystone habit is one small routine that, done consistently, makes everything else in your life a little easier. Pick one that would make you feel good about yourself if you did it daily, and that takes under 5 minutes on your worst day. Resist the urge to pick something ambitious. Write it on the card below Step 3.

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

Step 2: 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, and write it on the card.

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

Step 3: 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. Tick a box on the card each day you do it.

MY ONE HABIT _____

I WILL DO IT *after, before or during something I already do* _____

TICK A BOX EACH DAY YOU DO IT

REVIEW DATE (DAY 14) _____

☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 13	☐ 14

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

Step 4: Review on day 14

On your review date, count the ticks and answer these questions.

– *Did I do it, and on how many of the 14 days?*

– *What else got easier, or did not?*

BEFORE YOU CLOSE THIS

Write the date 14 days from today on the card before you close this.

CONTINUE WITH

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

Curated by: Simon De Los Rios
Source: Charles Duhigg, The Power of Habit (2012)