



Quick Start Guide for Better Habits

Purpose

Turn daily routines into rhythmic rituals that build consistency, motivation, and joy.

Why It Works

Repetition + Rhythm = Routine.

Pairing movement or tasks with music or beats activates the brain's reward system, helping new healthy habits stick, keeping you in flow and supporting healthy dopamine balance.

Step-by-Step Guide

1. Choose Your Playlist

- [Walk to the Beat](#) 100–120 BPM (match natural stride pace).
- [Clean to the Beat](#) 110–125 BPM (energising, upbeat).
- [Cook to the Beat](#) 90–100 BPM (steady and mindful).

2. Set the Scene

- Use headphones or a small speaker.
- Start your activity as the first track begins.
- Keep the same playlist for the same activity each time, consistency is key.

3. Add Interaction (optional)

- Tap, drum, or clap along to the beat while cooking or tidying.
- Match your movements (stirring, chopping, sweeping) to the rhythm.

4. Reflect

- Notice your mood, focus, and energy before and after.
- Over time, your brain will associate the beat with positive action, turning routine into reward.

Tips

- Choose music you genuinely enjoy, motivation matters.
- Stick to the same tempo for a week, then try variations.
- Reward yourself post-task with a moment of quiet or your favourite track.