

# Built on Research:

## The Science Behind Daily Habits

Every insight in the Daily Habits mini series is grounded in psychology, neuroscience, and behavioural science. We've curated the most impactful research to protect your energy, prevent burnout, and build a system that lets you feel well while doing it all.

4 years ago I used to be in cycles of burnout consistently, I had no joy, no purpose, no reason to wake up each day. Then I realized I was spreading myself thin... without greater output. So I obsessively studied efficiency/productivity research for 8 months. And since integrating everything I have learned... I have not (knock on wood) been burnt out since.

I literally this past year checked off more bucketlist activities than I thought was possible with a head injury. So trust me. Your dream life is possible. But you NEED to get real with your habits.

### Part 01: Daily Habits to Build Your Foundation

CONCEPT	THE SCIENCE
7-Types of Rest	<a href="#"><i>How to help athletes get the mental rest needed to perform well and stay healthy</i></a>  <a href="#"><i>7 types of rest</i></a>
Importance of a Social Circle	<a href="#"><i>Social relationships and mortality risk. A meta-analytic review</i></a>
Accountability Theory	<a href="#"><i>Self-determination theory and the facilitation of intrinsic motivation</i></a>
The Power of Visualization	<a href="#"><i>The neurophysiological basis of motor imagery</i></a>
Investing in Yourself	<a href="#"><i>Spending money on others promotes happiness</i></a>

See you in part 2 tomorrow.