

# 10 Boring Habits That Quietly Change Your Life

As heard on SuperTalk Saturday Mornings 92.9FM, WFHG | [kristislaughter.com](http://kristislaughter.com)



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## Make Your Bed — Before You Do Anything Else

One small win before the day gets noisy sets a tone that quietly follows you around.

★ *76% of bed-makers say their work is always their best.*



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## Write It Down — Your Brain Will Thank You

Stop holding everything in your head. Writing things down gives your brain room to think.

★ *Handwriting activates more memory & learning regions than typing ever will.*



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## Same Bedtime, Every Night — Yes, Even Weekends

It's not just how much you sleep. It's when. Consistency is the secret your body craves.

★ *A regular bedtime is linked to a 31% reduction in mortality risk.*



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## One Spot for Keys, Wallet & Phone — Always

The morning scramble isn't just annoying — it drains mental energy you need for real decisions.

★ *The average American loses 2.5 days a year searching for misplaced items.*



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## Plan Tomorrow Before Today Ends — Five Minutes

Your first hour is your sharpest. Don't burn it figuring out what you're doing today.

★ *People who write down their plan are significantly more likely to follow through.*



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## Drink Water First — Before Coffee, Before Everything

By the time you feel thirsty, you're already behind. Your brain has been running on empty.

★ *Just 1% dehydration = a 5% drop in cognitive function. One glass changes everything.*



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## Put It Back — Right Now, Not Later

Visual clutter is a quiet tax on your brain. Every item out of place costs you something.

★ *30 seconds to reset now. 30 minutes to clean up later. Easy math.*



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## Eat at the Same Times — Your Body Has a Clock

Irregular meals spike stress hormones and lead to the kind of hunger that makes decisions for you.

★ *Consistent mealtimes stabilize blood sugar and lift energy all day long.*



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## Do the Hard Thing First — The One You've Been Avoiding

That task you keep postponing is pulling focus all day long. Clear it first. Feel the relief.

★ *The Zeigarnik Effect: your brain holds unfinished tasks in memory until they're done.*



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## Repeat the Basics — That's the Whole Secret

The habits that change lives are almost never exciting. Just ordinary things done consistently.

★ *It takes an average of 66 days to build a lasting habit. Not 21. Start today.*