

HEALTHY HABIT BUILDING

This journey is about cultivating positive routines that will empower you to be the best version of yourself. Whether you're striving for physical well-being, mental clarity, emotional resilience, or a combination of all three, the process of habit formation holds the key to your success. It's essential to understand that building healthy habits is not a one-size-fits-all endeavor. Your journey will be unique, influenced by your goals, values, and individual circumstances. Remember that healthy habit building is a marathon, not a sprint. It's about gradual progress, patience, and self-compassion.

Building a habit can be simplified into a three-step process, often referred to as the "Cue-Routine-Reward" loop. This model was popularized by Charles Duhigg in his book "The Power of Habit." Here's a breakdown of this three-step process:

Cue:

- The first step is to identify a specific cue or trigger that will prompt you to initiate the habit. This cue should be something that naturally occurs in your daily life. It could be a time of day, a location, an emotional state, or an event.

Routine:

- The routine is the actual habit you want to build. It should be a clear and specific action or behavior that you want to integrate into your daily routine. Start small and make it achievable. The routine is what you do in response to the cue.

Reward:

- After completing the routine, you need to provide yourself with a reward. The reward should be something that reinforces the habit and makes it enjoyable. It's essential to associate positive feelings with the habit. Over time, the brain will link the cue with the reward, reinforcing the habit loop.

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Example - Building a Morning Exercise Habit:

Cue:

Set your workout clothes and sneakers by your bedside the night before.

Routine:

As soon as you wake up, put on your workout clothes and go for a 20-minute jog.

Reward:

After your jog, treat yourself to a delicious and nutritious breakfast.

In this example, the cue (seeing your workout clothes) triggers the routine (morning jog), and the reward (enjoyable breakfast) reinforces the habit. Over time, this cue-routine-reward loop becomes ingrained, making it easier to maintain the habit of morning exercise.

Remember that **consistency** is crucial when using this three-step process. **The more consistently you follow the cue-routine-reward loop, the stronger the habit will become.** Over time, the behavior will become automatic, and you'll find it easier to maintain the habit without relying on conscious effort.