

The Simple Method for Creating New Habits

Along with Barrie Davenport and Katie Tallo, I run a course called The Habit Course, which teaches you a very simple but proven method.

You can use this method to form the habits I discuss in *The Effortless Life*. Here's the basic method:

1. Come up with a plan. Take 1 week to analyze your behaviors, pick a trigger, plan out how you'll overcome your obstacles, pick the time of day you'll implement habit, plan who your support network will be, and decide what your motivations are.

2. Pick only ONE small, positive habit — just 5 minutes to start with. You will expand it later, but start as small as possible. This is extremely important. If you can do the first week without missing a day, you can increase it to 10 minutes, then 15 minutes the third week, etc.

3. Do the habit immediately after the trigger for 4-6 weeks. Build in reminders. Try never to skip it. The more consistent you are, the stronger the habit.

4. Build in positive feedback. Focus on enjoyment, make it a game, create competition, do it with a partner or group if possible.

5. Report daily to a social group (blog, Twitter, Facebook, email, or friends at work), use them for support when things get difficult. When you feel like not doing the habit, have one or more people you can call on for help.

6. Test, Adjust, Iterate Immediately. When you start a habit change, you are testing an approach, and it is very possible it will fail ... this is good information, and you should use it to adjust your approach, and retry as soon as possible.