

# Start Your Habits



## 1. Start with Why

For any habit to stand a chance against the opposition of introducing something new to your life, it needs to be based on more than a whim.

- What one goal would you like to make progress on?
- What is one thing you could do daily to move toward your goal?

List a current goal in the box below, along with three habit ideas that would move you toward completing your goal.

**Goal:**

**Habit Idea 1:**

**Habit Idea 2:**

**Habit Idea 3:**

## 2. Ignore Everything Else

When introducing a new habit in our life suddenly everything we didn't care about before becomes inspiring. With the inspiration of your new found *habit* you'll be drawn to form habits for everything else. It's a trap that leads to nowhere.

- **Ignore other ideas that come up by writing them down.** By writing them down you tell yourself, "That's a good idea, but it's not what I'm committed to focusing on right now."
- **Commit to only building 1 new habit at a time.** You'll want to do more, don't. It takes the average person 62 days to form a new habit.

## 3. Track & Celebrate Progress

Now that you've taken the time to identify a goal in your life you want to make progress on, and you've decided to narrow your focus on that one thing, it's time to take action.

- **Choose one of your habit ideas and do it everyday.**
- Define a minimum version of success for your habit. What does achieving your habit on the most basic level look like? On your harder days, just do your minimum.
- [Decide which app](#) you will use to track your progress.