A white bird with green and blue letters

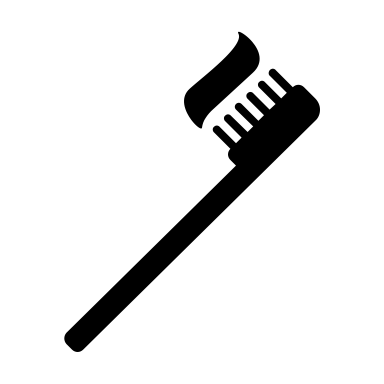
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**Habit Stacking**

*"Harnessing the Power of Habits for a Happier You"*

Are you ready to make a change in your life, to boost your work performance, make healthier choices, or save more money? It's a common challenge to ensure these changes stick, but the good news is, you have a secret weapon: your existing daily habits. Yes, you can leverage your current routines to make new habits a natural part of your life.

So, how can you make this magic happen? It's called habit stacking, and it's a simple yet powerful technique. Here's how it works: You identify a habit you already have and add a new one on top of it. Think of your existing habit as a trigger that cues your brain to perform the new one once you're done with the old one.

**The habit stacking formula is straightforward: 'After/before [current habit], I will [new habit].' Let's see some examples:

• Before I brush my teeth each morning, I will meditate for two minutes.

• After I sit down to eat dinner, I will think of one positive thing that happened today.

• Before I turn the light off at night, I will kiss my partner.

Habit stacking is powerful because your current habits are ingrained. By attaching new habits to these automatic routines, you make the process feel manageable and achievable, increasing your chances of success.

Once you get the hang of it, you can create larger stacks by linking more and more habits together. You can even make general habit stacks to guide you in appropriate situations, like taking the stairs instead of the elevator or introducing yourself to someone new at a party.

Now, here are some tips for making habit stacking work for you:

1. Look at the bigger picture: Find the best window of opportunity in your daily routine to insert your new habit. Consider what fits naturally into your schedule.

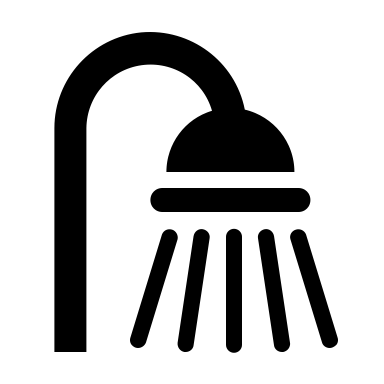
2. Be specific with your cue: Make sure your cue is clear and immediately actionable. Avoid vague goals like 'read more' or 'eat healthier' and provide a precise trigger for your new habit.

3. Let's talk about the timing of your habits and making it work in your favour. When you're aiming to establish a new daily habit, it's crucial that you match the frequency of your existing habit with the new one. For instance, if you want to work on a daily habit but try to stack it with something that only occurs once or twice a week, it might not set you up for the success you desire.

Also, it's essential to be kind to yourself and choose the right moment to introduce a new habit. For example, if you're considering adding something to your morning routine, but your mornings are already pretty hectic, it might not be the best time or place to start.

Remember, creating a healthier lifestyle is an ongoing journey. Slip-ups are a part of it, and it's okay. Changing behaviours can be challenging, regardless of your good intentions.

Habit stacking acts as your trusty guide, helping you figure out the next step in your journey. But, in the end, your desire for change needs to be your driving force to stick with your new habits until they become second nature. Just the fact that you're trying is a fantastic step in the right direction. Keep your 'why' in mind, and eventually, it will all come together.

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