

# habits

What is a habit?

A regular practice that is hard to give up. It's easy to do, efficient and done automatically.



## Healthy Habits

Healthy habits, like regular exercise, eating healthy meals, and routines are harder to create because they are harder to do and maintain and their positive results take longer to reveal themselves.

## Bad Habits

Bad habits, like watching TV, fast food or smoking, are easier to create because of their low difficulty to do and maintain and they offer instant gratification to the brain.



## Switching Out Habits

Take the healthy habit that you'd like to create and make it into little steps or mini-habits.

Example: Creating a morning routine

1. Design the routine that you'd like.
2. Choose the easiest step to begin with.  
i.e. Scraping tongue, add to teeth brushing because it's already an established habit
3. Do that repeatedly until it becomes a habit.
4. Go to the next easiest step and go through the process again.  
i.e. rubbing sesame or coconut oil on the gums, adding after tongue scraping  
Repeat steps 1-4 until you have the routine you'd like.
5. Over time, you will create the morning routine you desire.
6. Eventually you see the benefit and the habit is easy to maintain.