

# THE EASY WAY TO BUILD GOOD HABITS

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With the right habits, you can be a millionaire, have a perfect set of abs, and have the relationship of your dreams. Just think about that for a moment. **Effective habits are the key to accomplishing anything.**

Motivation is largely irrelevant when it comes to habits. You don't have to be motivated to brush your teeth - you just do it without fighting with yourself.

Unfortunately, no one taught us how to create a good habit. **If you can create habits at will, you become unstoppable.**

**Follow this process to create the habits you need to excel at life:**

- 1. Identify the habit you want to create.** Often, people are too vague in their objectives. They might want to “eat healthier”, for example. But that’s not a well-defined habit. “Eat one cup of vegetables with every meal” is a habit.
  - Be clear on the habit you want to create, whether it’s 50 pushups each day or reading 10 pages of a book. It should be obvious to you by the end of the day whether you’ve done it or not.
- 2. List the benefits of that habit.** Why do you want to create this habit? **What are you getting out of it?** Convince yourself that this is worth your time and effort. Create a little motivation and sense of urgency.
  - Habits can be challenging to create, so know the advantages of your new habit. It will make things easier when you don't feel like doing it.

3. **Determine the best time to perform that desired habit each day.** Does it make sense to do your habit in the morning? At night? During your lunch break? If you wear a suit or a dress to work, performing 100 squats at the office might be inconvenient. Choose a time of day.

4. **Stack your new habit on top of an old habit.** Habits need a trigger. You don't just randomly eat a bag of chips. You might eat chips while watching TV or when feeling a certain emotion, such as anxiety or boredom. **Every habit has a trigger.**

- The most convenient trigger is something that you already do religiously each day. You have a ton of them. Here are a few examples: brushing your teeth, getting dressed, making your coffee, opening your front door, starting your car, getting your mail, and checking your email.
- **Choose a trigger for your habit that makes sense.** For example, you might do your exercise routine after brushing your teeth or after opening your front door when you get home.

5. **Make it easy to perform the new habit.** If you're going to go running every morning, have your running clothes and other gear right by your bed. Set up your environment to accommodate your new habit.

6. **Start small and grow from there.** Start by having a goal of doing one push up, jog for two minutes, read one page, write one sentence, or make one sales call. **Habits are built by actually doing them.** You might have a goal of making 100 sales calls per day, but that might be too overwhelming to even get started.

- **Make it so easy that you can't fail.** Anyone can find the time and

motivation to do one push up.

7. **Reward yourself.** Habits become habits because there is a reward. This encourages the behavior to happen again. Use any reward you like, but **the key is to feel good.** You can bask in your pride, listen to your favorite song, or come up with another reward.

8. **Be consistent.** Habits are more easily built if done multiple times each day. Once a day is quite effective, too. Once a week is unlikely to work.

Think about the goals and challenges in your life. **What habits could you create in order to make your life exactly what you want it to be?** With the effective habits, nothing is out of your reach.