

Creature of Habit

Learning Objectives



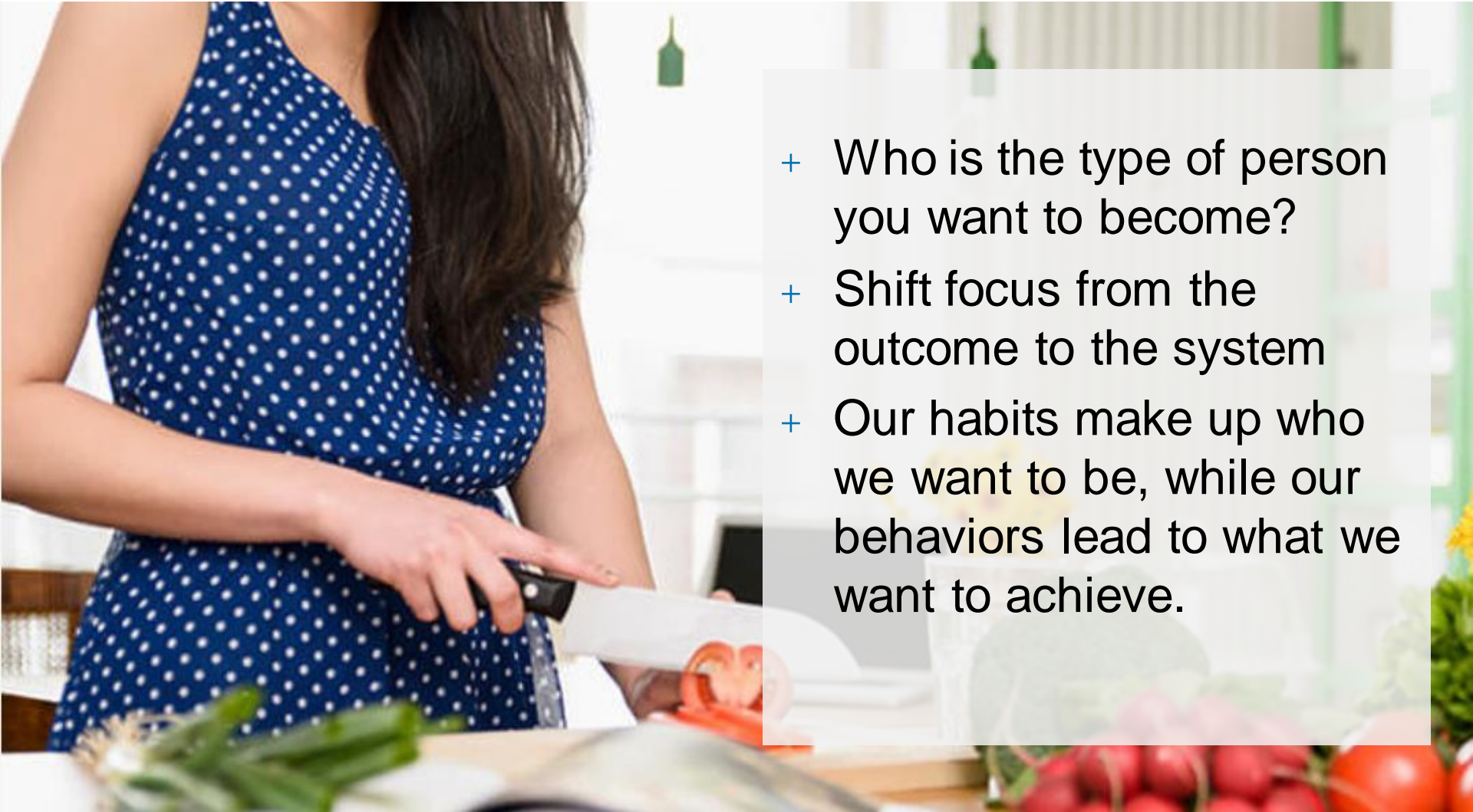
- + Define a habit and identity-based habits
- + Learn about a four-step approach to creating new habits and changing undesired ones
- + Discuss motivation, progress and reflection

What is a Habit?



According to James Clear, “Habits are the small decisions you make and the actions you perform every day.”

Identity Based Habits

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- A woman with long dark hair, wearing a blue dress with white polka dots, is standing in a kitchen. She is holding a large white knife and is in the process of chopping a tomato on a wooden cutting board. The background shows a bright kitchen with white cabinets and a window with blinds. There are some green bottles on a shelf in the background. In the foreground, there are some fresh vegetables, including a bunch of green leafy vegetables and some red tomatoes.
- + Who is the type of person you want to become?
 - + Shift focus from the outcome to the system
 - + Our habits make up who we want to be, while our behaviors lead to what we want to achieve.

Develop a System



“You do not rise to the level of your goals. You fall to the level of your systems.” James Clear, Atomic Habits

Creating Habits

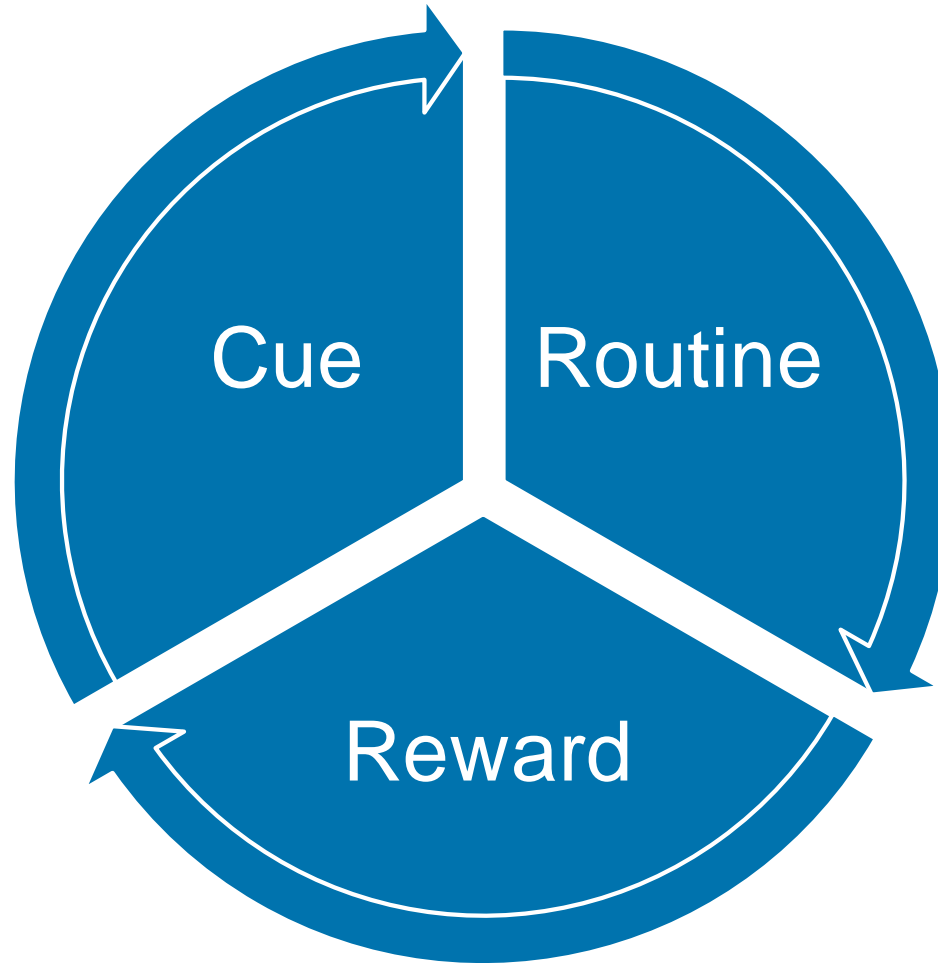
- + Make the habit **obvious**
- + Make the habit **attractive**
- + Make the habit **easy**
- + Make the habit **satisfying**

1. Make the Habit Obvious

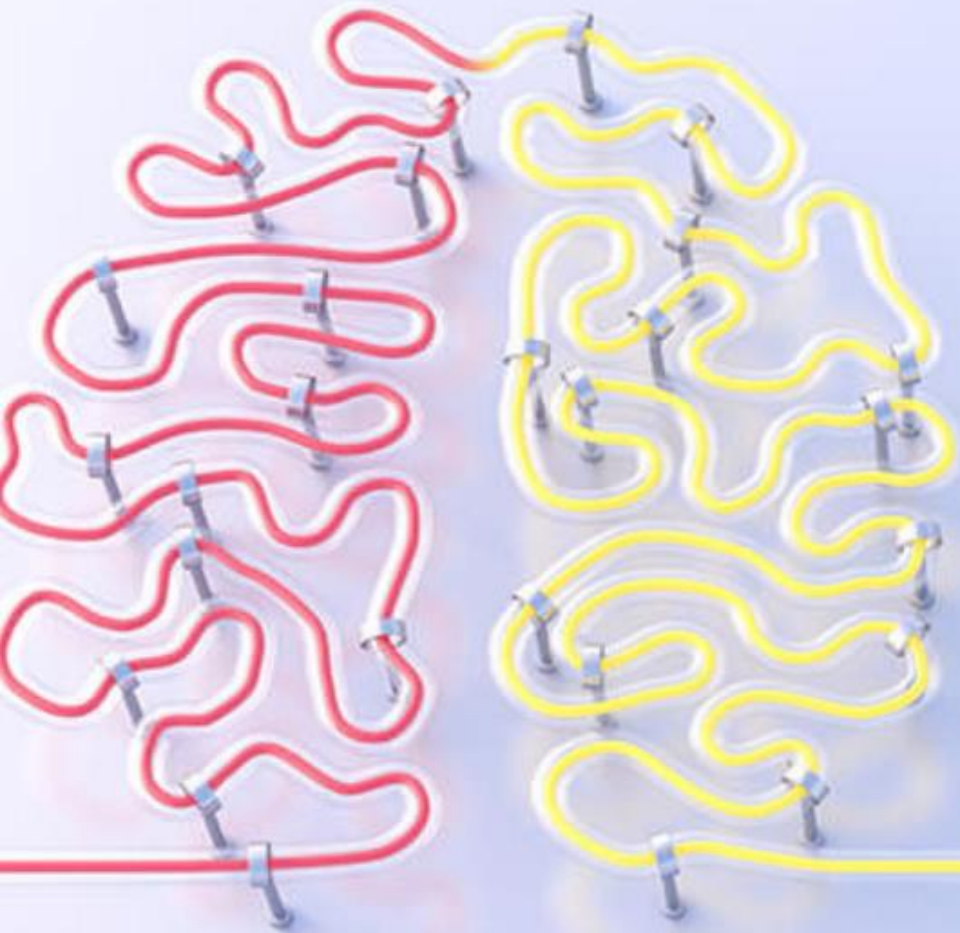
- + Consider your environment
- + The Habit Loop: Cue – Habit – Reward
- + Habit Stacking



The Habit Loop



The Reward



- + Make the reward deliberate, satisfying and something that speaks to you
- + Associate a positive emotion with the new behavior
- + Over time the internal reinforcement will become enough

Habit Stacking

- + Habit stacking is a form of implementation intention
- + You intend to implement a new behavior by pairing it with a current one
- + After I check my phone, I will stand up from my work chair and sit back down



2. Make the Habit Attractive

- + Needs to be something to draw us in
- + Consider temptation bundling



3. Make the Habit Easy

- + **Tiny Habits:** take a behavior you want to develop and make it tiny.
- + **2-minute Rule:** take the behavior you want to develop and scale it down to be done in 2 minutes
- + **Commitment Device:** a choice you make now, your future self will thank you for





“A short practice that you do everyday is better than a long practice you keep putting off to tomorrow.”

Kelly McGonigal, *The Willpower Instinct*.

4. Make the Habit Satisfying



- + We need to tell our brain to come back to this new habit
- + Extrinsic motivation may be needed to support a new habit
- + Habit tracking can be a helpful tool

Creating Habits

Creating new habits

- + Make the habit **obvious**
- + Make the habit **attractive**
- + Make the habit **easy**
- + Make the habit **satisfying**

Breaking undesired habits

- + Make the habit **invisible**
- + Make the habit **unattractive**
- + Make the habit **difficult**
- + Make the habit **unsatisfying**





Maintaining Motivation

- + Small wins lead to big results
- + Learn to accept and be okay with the boredom

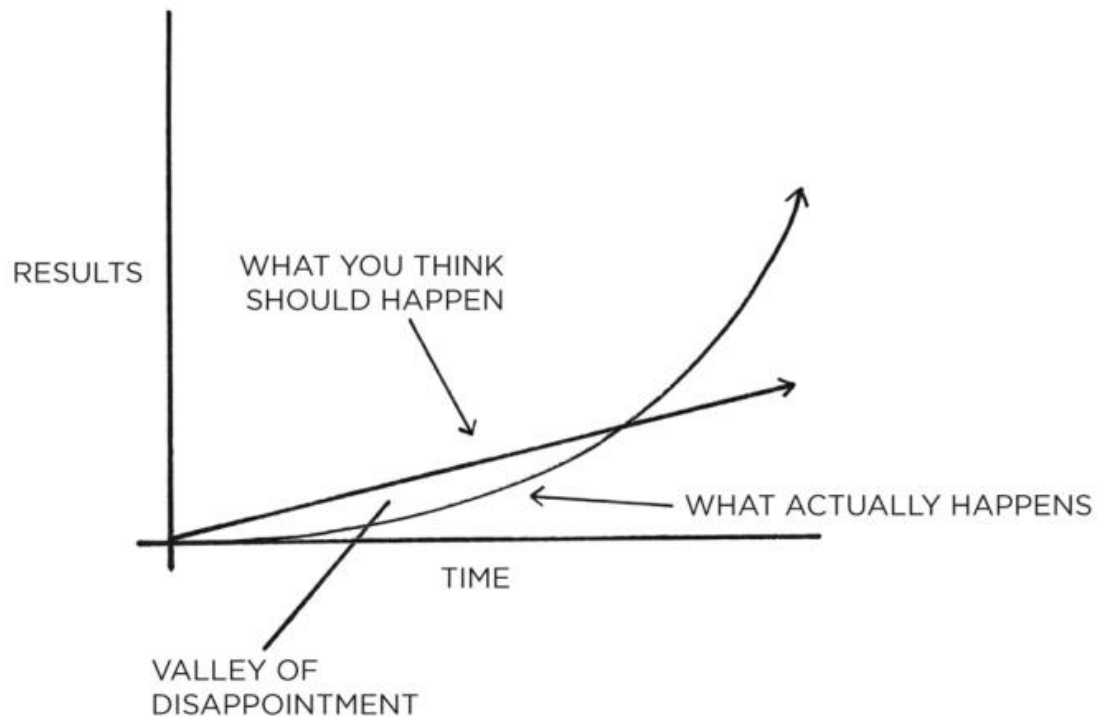
Taking Time to Reflect



- + Do the habits you want to create or are currently working on still align with who you want to be and how you want to show up in the world?
- + Are these habits still relevant to your life?
- + Are these habits still serving you?
- + Have you been able to progress from the initial *tiny* habit or starting place?

Learn from Challenges & Be Patient

THE PLATEAU OF LATENT POTENTIAL



Source: *Atomic Habits* by James Clear

Resources

- + Dare to Lead Podcast
 - [Atomic Habits, Part 1 of 2](#)
 - [Atomic Habits, Part 2 of 2](#)
- + Clear, James. (2018). *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*. Avery.
- + Fogg, BJ. (2019). *Tiny Habits: The Small Changes that Change Everything*. Harvest.
- + McGonigal, Kelly. (2013). *The Willpower Instinct: How Self-Control Works, Why it Matters, and What You Can Do to Get More of It*. Avery.
- + Duhigg, Charles. (1994). *The Power of Habit: Why We Do What We Do in Life and Business*. Random House.

Additional Resources

- Grit: The Power and Passion of Perseverance by Angela Duckworth
- Mindset The New Psychology of Success by Carol Dweck
- Think Again by Adam Grant



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