3 Steps for Building Positive Habits

1 Start small
A tiny habit is easier to stick to.
Do you resolve to exercise more often this year? Start with just 10 pushups a day or a short jog around the neighborhood — something so quick that there’s no excuse not to do it. Once a habit begins to feel natural, increase the amount of time or effort you spend.

2 Fit new habits together with existing habits
Choose a habit that’s already second nature, then schedule your new habit immediately after. Think about your own days: what existing habits can be extended or transformed?

If you’ve resolved to read more, place a book next to your cup of morning coffee. If you intend to brush up on a new language, stick vocabulary cards into your gym bag and take advantage of that post-workout jolt of energy. Existing habits can be a seamless gateway to new activities.
3 Practice makes perfect
You’ll probably need a few nudges before your resolution truly becomes second nature. Create checkpoints to help you stay on track: enlist a friend to keep you honest, set alarms throughout the day, or mark your successes on a calendar.

Source: Lumosity
Posting Disclaimer Notice:
This posting is not my own creation collection. My effort is copy paste only. I got it from internet posted by someone else. I’m just saving some time for you to avoid searching everywhere. I’m not violating any copy rights law or not any illegal action which I'm not supposed to do. If anything is against law please notify me so that it can be removed.