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
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