

Core Strategies to Change Habits

If you're stuck and not able to change a habit, use this checklist to unlock another part of the puzzle. This is part of the process. Keep looking for the next smallest choice that could work, and you'll cultivate healthier habits that lead to the body and life you deserve.

- Change your identity to change the habit.
- Identify your keystone habit.
- Link desired habit to an existing habit (pick a trigger).
- Batch-task your habits.
- Make it ridiculously achievable to guarantee your success (1 percent improvement).
- Schedule better habits . . . don't set goals (put it on a calendar).
- Focus on the practice, not the performance.
- Replace bad habits with better habits.
- Make incremental improvements daily or weekly (*kaizen*).
- Surrender into the process, not the outcome
- Figure out the other rewards you get from a bad habit.
- Accept where you are, and architect better choices ("yes, and").
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