

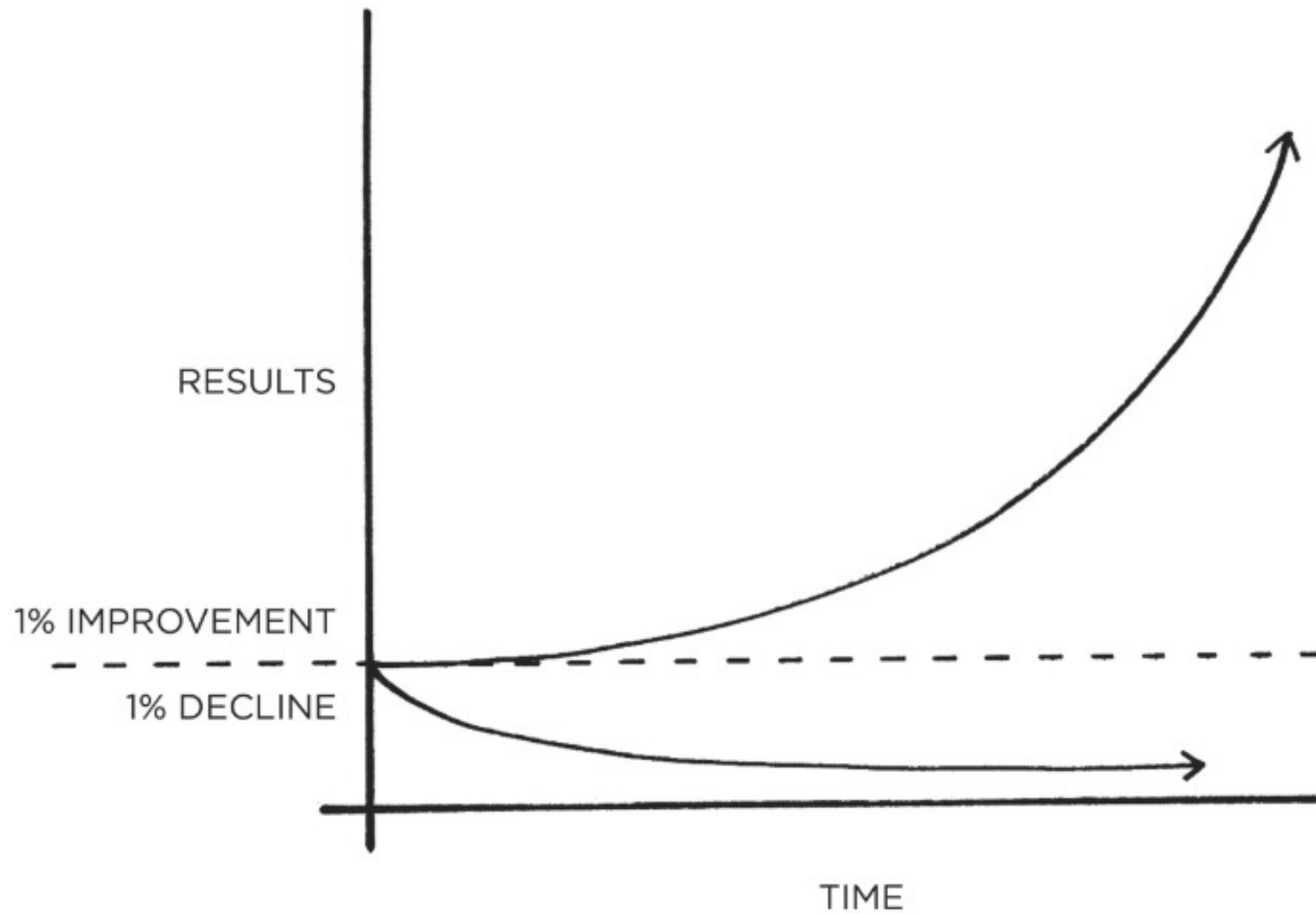
# FOCUS ON... HABITS AND BUILDING BETTER ROUTINES

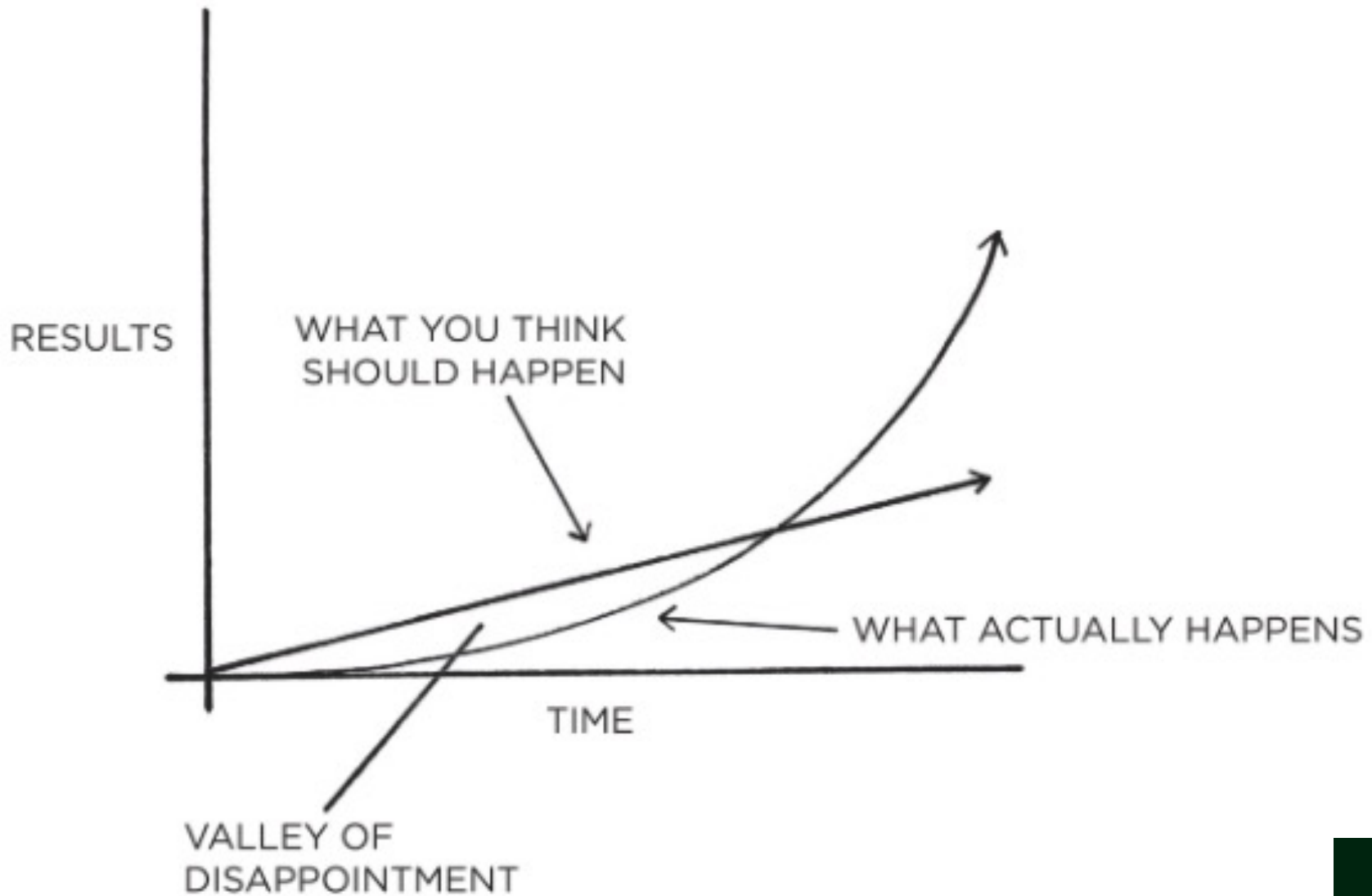
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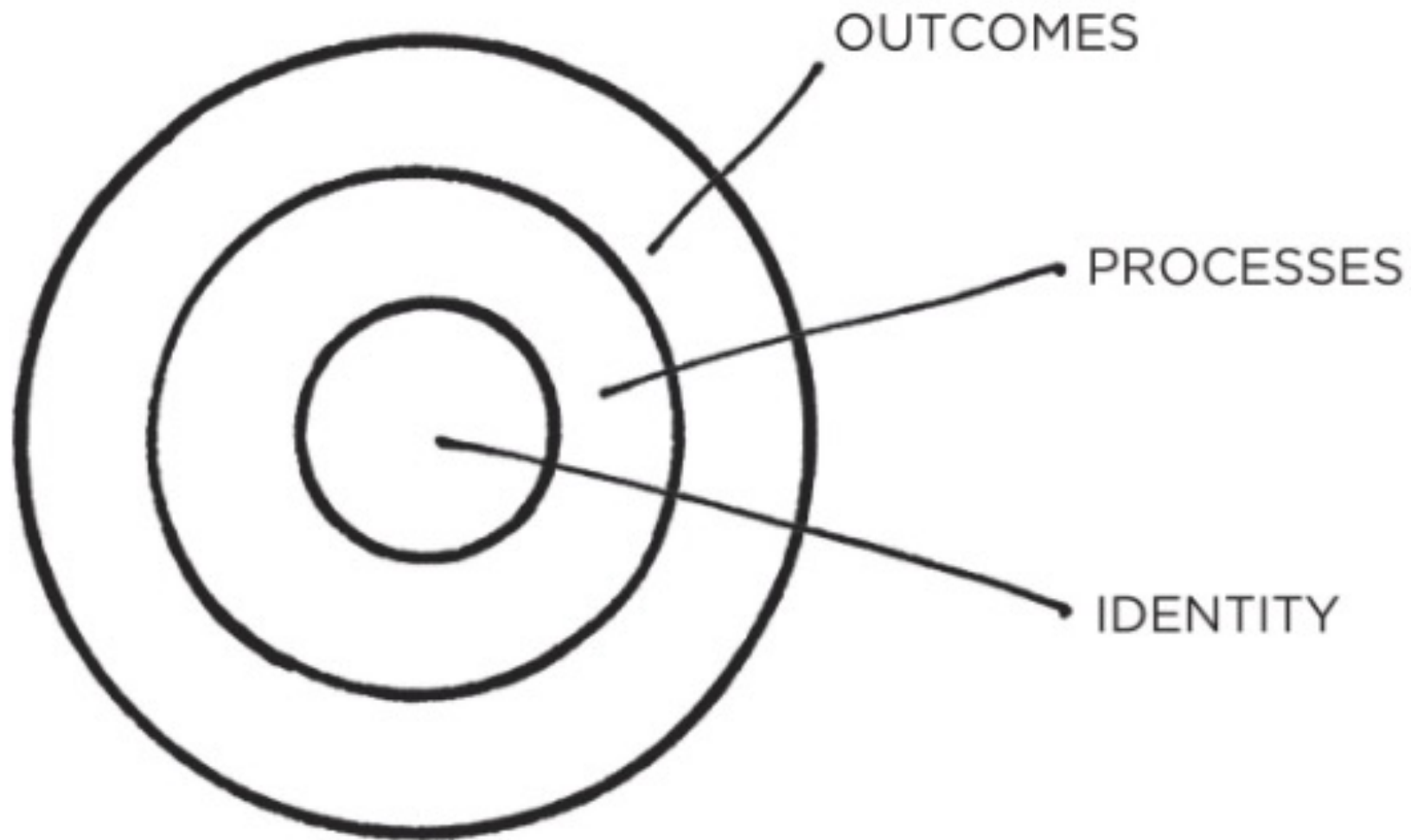
**FOCUS ON**

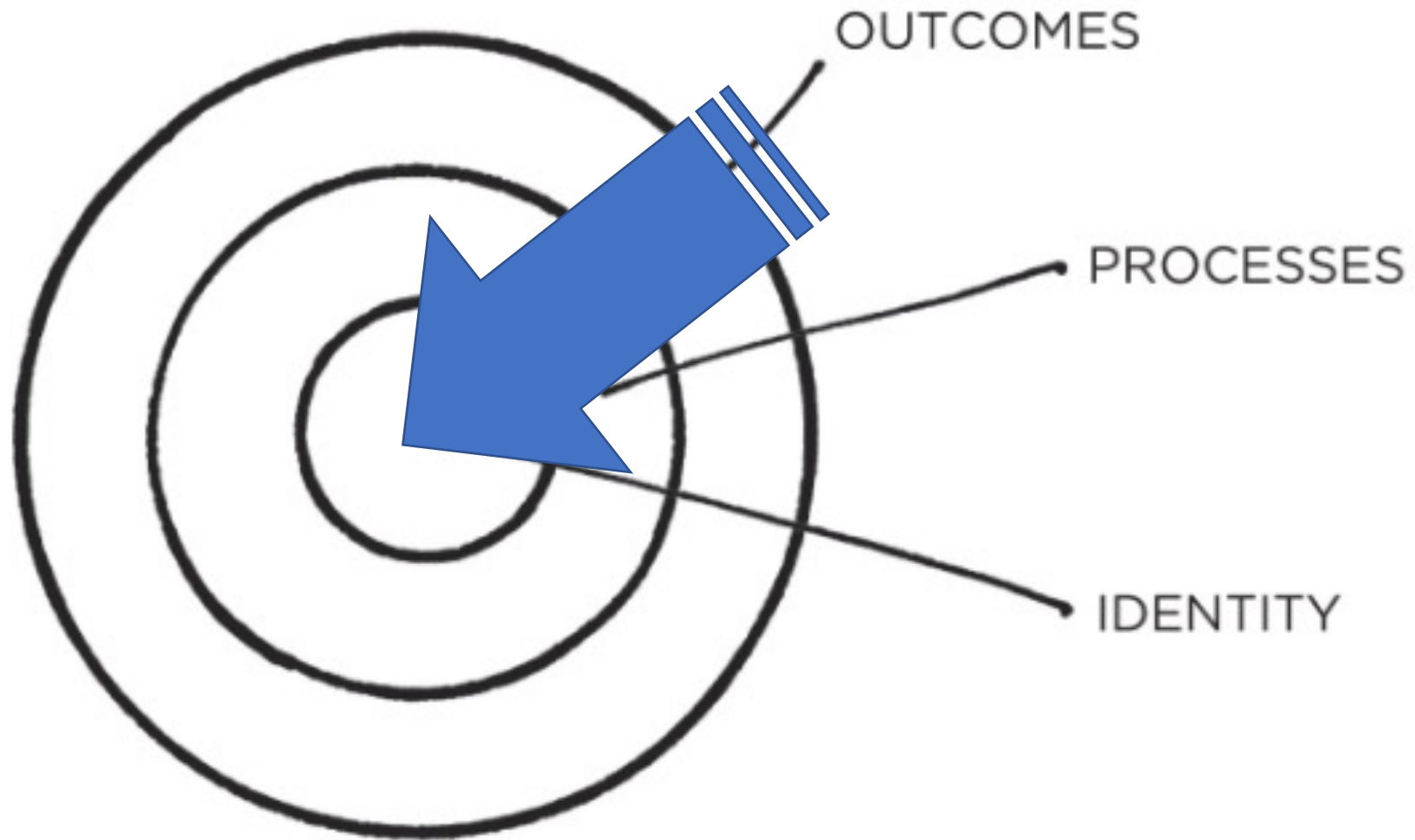
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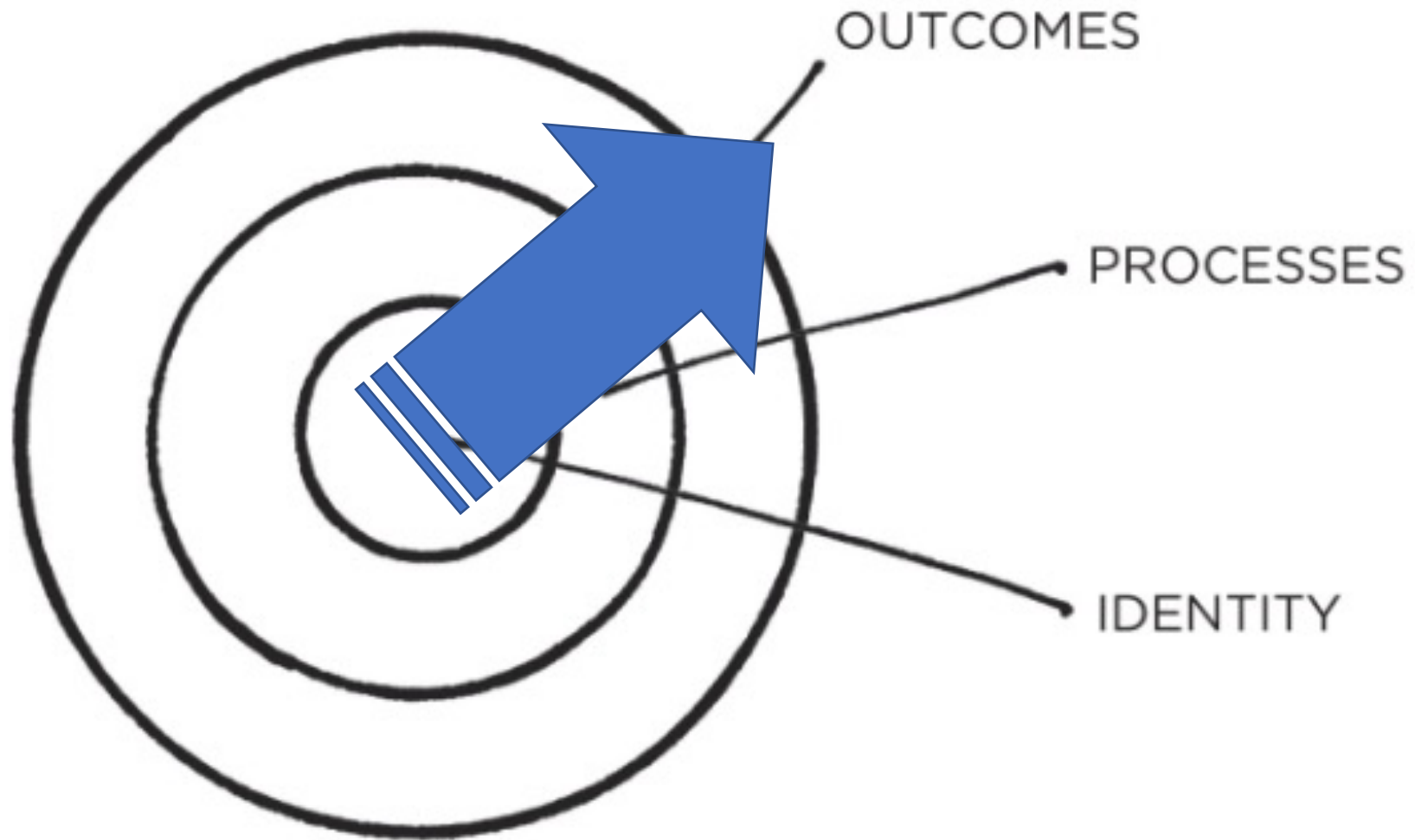






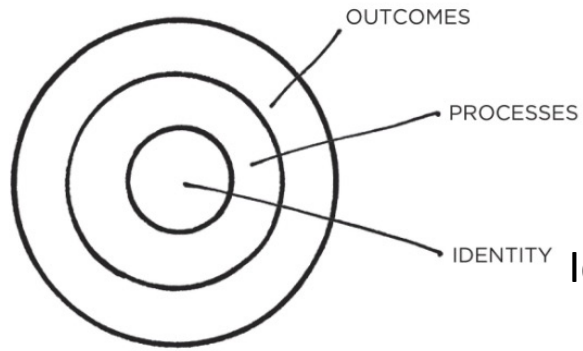




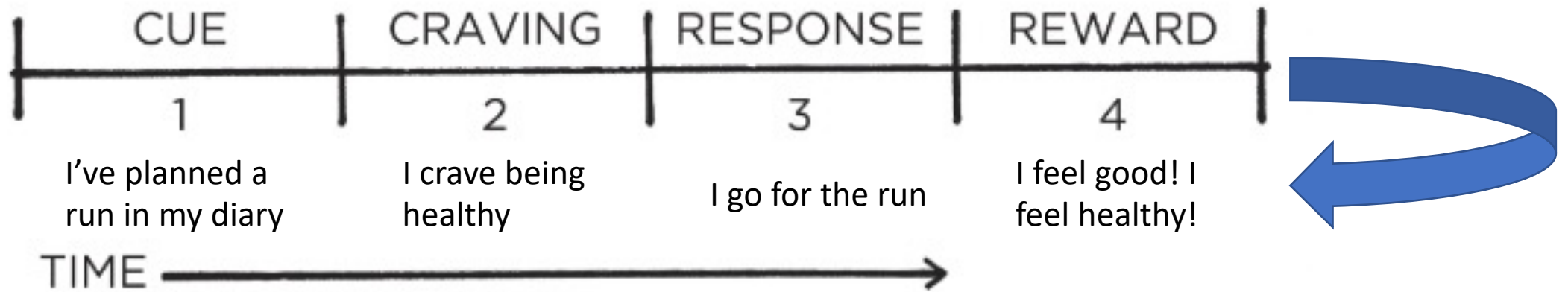




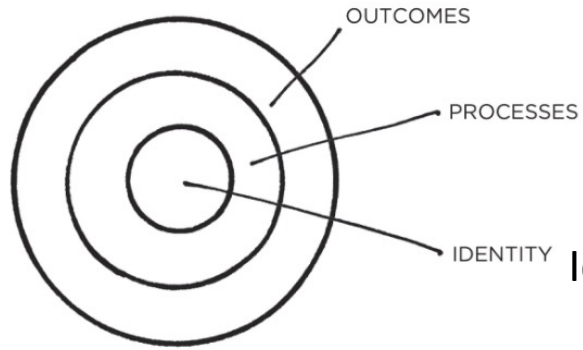
TIME 



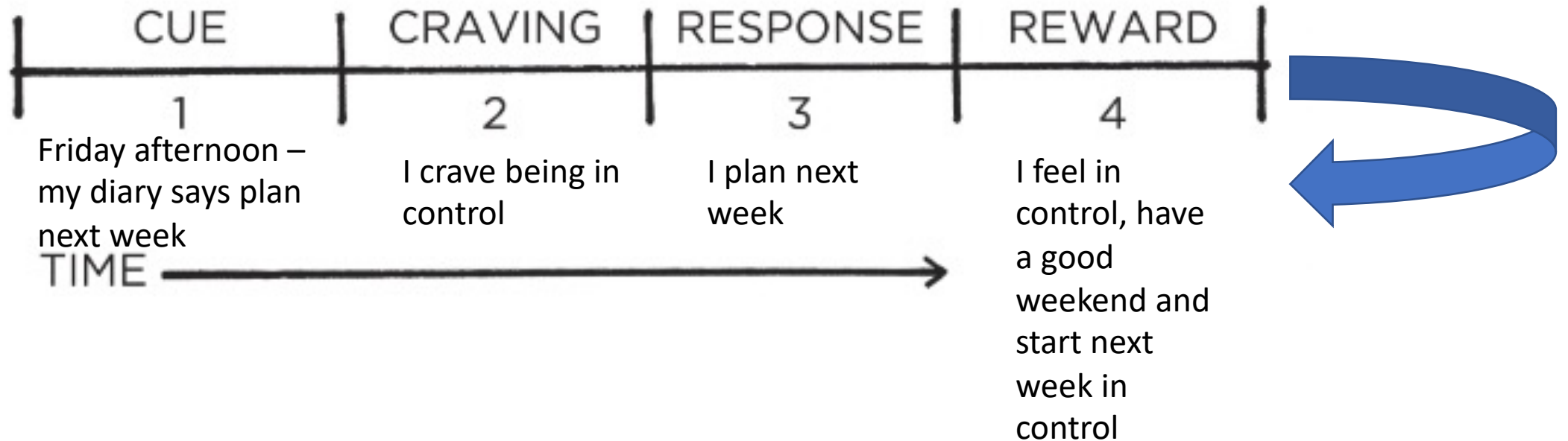
Identity: I am someone who is healthy







Identity: I am someone who is in control at work





## How to Create a Good Habit

**The 1st law (Cue):** Make it obvious.

**The 2nd law (Craving):** Make it attractive.

**The 3rd law (Response):** Make it easy.

**The 4th law (Reward):** Make it satisfying.



## How to Break a Bad Habit

**Inversion of the 1st law (Cue):** Make it invisible.

**Inversion of the 2nd law (Craving):** Make it unattractive.

**Inversion of the 3rd law (Response):** Make it difficult.

**Inversion of the 4th law (Reward):** Make it unsatisfying.



# Implementation Intention

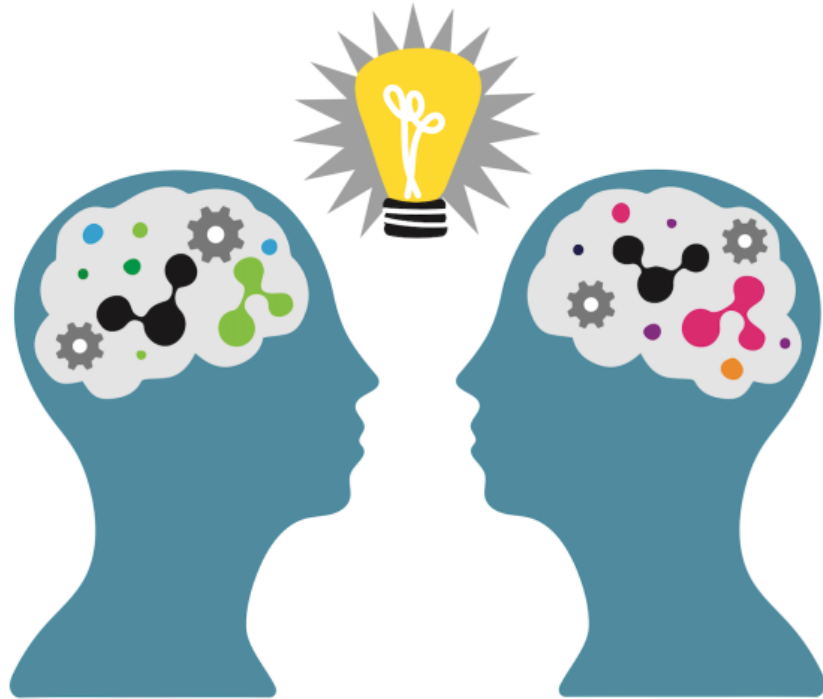
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- I WILL [BEHAVIOUR] AT [TIME] IN [LOCATION]



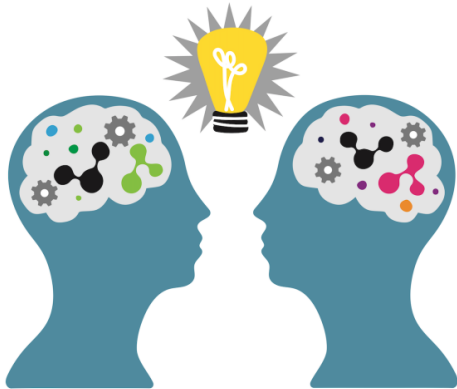
# Habit Stacking

- After [Current habit] I will [New habit]



# Habit Stacking

- After [Current habit] I will [New habit]
- After [Current habit] I will [Habit I Need]
- After [Habit I Need] I will [Habit I Want]





# Commitment Devices

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- Impose obstacles to temptation
- Make a public commitment
- Enter a monetary contract
- Enter into a social contract



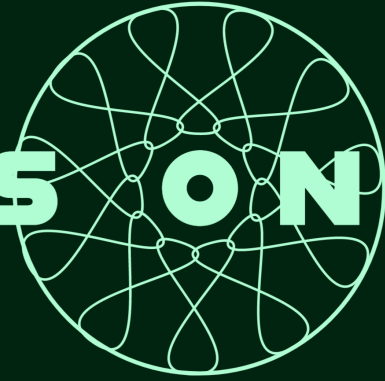
- 
- **Stephen Covey's 7 Habits of Highly Effective People**
  - **1. Be Proactive**
  - **2. Begin with the end in mind**
  - **3. Put first things first**
  - **4. Think Win-Win**
  - **5. Seek first to understand and then to be understood**
  - **6. Synergise**
  - **7. Sharpen the saw**





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**Stephen R. Covey**

UPDATED WITH FRESH INSIGHTS BY  
**SEAN COVEY**  
NEW YORK TIMES BESTSELLING AUTHOR

FOREWORD BY JIM COLLINS