

## It's Habit Forming...

### 10 Success Tips for Changing Habits

Try these tips for creating and reinforcing new habits.

1. **Commit to Twenty-one Days** – Three weeks is the time it takes to make a habit stick. If you can make it through the conditioning phase, it becomes much easier to sustain a new habit.
2. **Perform the New Habit on the Same Day and/or Time of Day** – Consistency is critical if you want to make a habit stick. Activities you do once every few days are trickier to lock in as habits.
3. **Start Simple** – Don't try to completely change everything in your life at once. It is easy to get over-motivated and take on too much.
4. **Remind Yourself** – Many people forget their goal for change a week into a commitment. Place reminders to execute your habit each day.
5. **Build a Buddy System** – Find someone who wants to break or build the same habits. It is easier to stay motivated when someone else is committed to the same goals.
6. **Use Mental Triggers** – A trigger is a symbol or ritual that reminds you to execute the habit. For example, you might put a note on a mirror, set an alarm, etc.
7. **Be Imperfect** – Don't expect all your attempts to change habits to be successful immediately. Try your best, but expect a few bumps along the way.
8. **Remove Temptation** – Restructure your environment so you aren't tempted to break your commitment.
9. **Write it Down** – Writing the resolution down is important. Writing your goal down clarifies and focuses on the end result.
10. **Know the Benefits** – Familiarize yourself with the benefits of making a change and the consequences of doing nothing. Imagine the positive results you seek.

*\*Compiled from a number of sources as our Top 10 Success Tips.*