



# Jules Duncan Coaching

**HABIT CREATING**



# Habits! - How to create them!

The people with the best most, helpful habits, who succeed at whatever they try, don't have these habits because they are more dedicated or they have more willpower, they just have a better set up!

You can literally set yourself up to do all of the helpful things automatically, without thinking and out of habit!

## **Take biscuits as an example!**

**If you don't buy biscuits, so there's none in the house, at 8pm on a Wednesday, are you avoiding eating biscuits out of willpower or are you avoiding them because you've set yourself up to avoid them by not having them in your environment?**

**Whatever the habit is you are trying to create or break - set up your environment to support this and make it easy!**

Want to read before bed? - Keep your book on your bedside table, not in your handbag!

Want to stop scrolling Instagram before sleeping? - Plug your phone charger in on other side of the room, not next to your bed

Want to drink more water - Keep your water bottle on your desk

**The habit you are trying to break, make it hassle to do it! The habit you are trying to create, make it the easiest, most available**



# Buddy Reward Habits!

We all have things we NEED to do and things we WANT to do!

Like, we NEED to do the washing, we WANT to listen to podcasts! We NEED to get our steps in, we WANT to drink coffee! So buddy up something you need to do (the habit you want to create) with a habit you already have that you love!

You want to create a habit of getting steps in and walking - so walk to your favourite coffee shop and get a coffee to go!

You are more likely to walk and get those steps in when it's associated with something you love, i.e. getting coffee!

Think of a habit you do every day.

Think of a habit you want to build!

Say to yourself I can only do the habit I love if I do the habit I'm building first!



## It's not time, it's reps!

Like squats, it's how many reps you do that build a BADASS, not how many years you've been a member of the gym!

If you want to build the habit of drinking water, you will solidify the habit drinking water, the more times you drink water. If you drink 2 litres of water every day for 21 days, this will create a more solid habit of drinking water than doing it just every Monday for 2 months.

21 consecutive days is 21 reps, although only 3 week

Every Monday for 3 months, is a longer time, but only 12 reps

## REPS OVER TIME

# Just do one!

Starting the habit, the actual action that kicks the habit off is crucial! How often have you put on your workout clothes, then went and sat on the sofa? Or cooked rice, then called a takeaway?

Whatever the habit is you want to create - just start, do the 1 of the reps or the first minute of the process then if you don't want to continue - then stop!

## Meal Prep

Just take the veggies out of the fridge and just start chopping!

## NEAT

Just put your shoes on and stand outside your front door

## Workouts

Just put on your workout clothes

## Water

Just fill up your water bottle

Once you have done the first minute, if you don't want to continue - don't! But keep repeating the first min of the habit as often as you can, it won't be long before you are completing the full habit regularly!



Make it easy!

Buddy Up!

Reps over time!

Just do one!