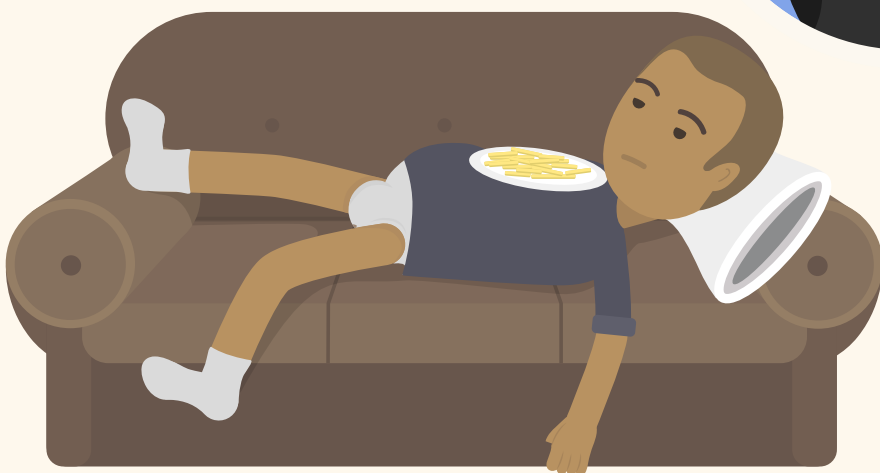
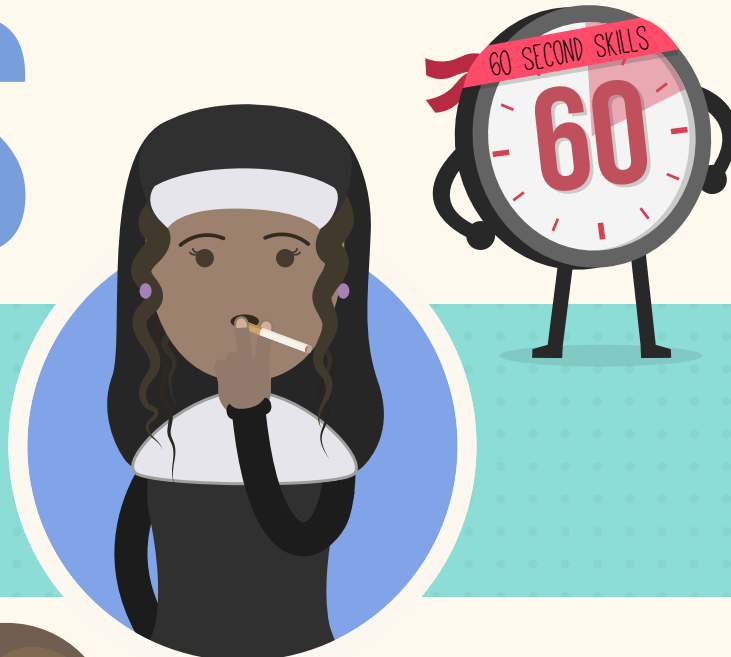


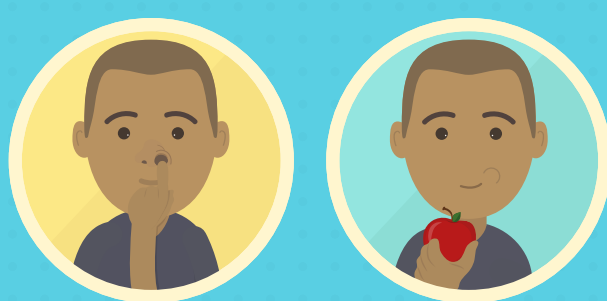
HABITS

Besides being a religious garment, habits are subconscious routines of behaviour we do without really thinking.



Humans, being naturally lazy, love to minimise the amount of thinking we do, so the habits we form through repetition are a way of getting by without straining ourselves.

We pick up bad habits in the same way we develop good ones!



They imprint on our neural pathways. We might not know we're doing them.



To get the most from your proclivity for habits, encourage good ones and excise bad ones.

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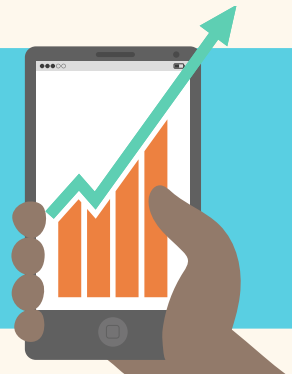
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The average time to fully set a habit is about 9 weeks ...

... and ranges from 2 weeks to 9 months.

There are plenty of apps and tools you can use to track your progress.



For breaking bad habits, willpower isn't always enough - remember, the actions are often unconscious.



Find the trigger for your bad habit, and remove it.
Dissociate any rewards from the action.
Or try to stop carrying out the behaviour.
The longer habits are reinforced, the harder they are to change!