



HACK YOUR HABITS

Want to master your life? Master your habits first. Here's your cheat sheet!

STEP 1: Decode Your Habit Loop

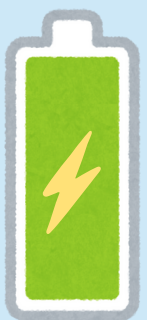
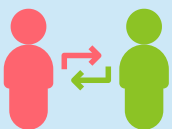


- **Cue:** Your habit's trigger (time, place, emotion)
- **Routine:** Your automatic action (scrolling social media, snacking)
- **Reward:** What your brain craves (dopamine, relief, satisfaction)

STEP 2: Change Your Life With One Hack

Keep your cues & rewards - just swap your routine

- **Cue:** 3 PM at your desk \rightarrow **Old routine:** Vending machine snack
New routine: 5-minute walk or healthy snack
- **Cue:** Come home from work \rightarrow **Old routine:** Couch + TV for 2 hours
New routine: 20-min workout, then relax



STEP 3: Supercharge With Keystone Habits

- Habits that fix multiple problems at once:
 - Exercise daily \rightarrow boosts energy, mood, productivity
 - Wake up early \rightarrow more personal time, better planning, less rush

STEP 4: Reward Yourself Cleverly

- Immediate, enjoyable rewards = habit success
- Small treats $>$ delayed benefits (e.g.: favorite coffee after exercise)



PRO TIPS:

- **Start tiny (2-minute rule):** A habit that takes less than 2 minutes is easier to stick to.
- **Pair habits (habit stacking):** "After I make coffee, I'll write 1 sentence in my journal."
- **Use a visual tracker:** Don't break the chain.
- **Prepare your environment:** Put your book on the pillow; hide the remote.
- **Rehearse the habit mentally:** Visualizing primes the brain.
- **Don't aim for perfection—aim for progress.**



BOTTOM LINE: HABITS = LIFE ON AUTOPILOT. TAKE CONTROL AND THRIVE!