



A Guide to Creating Good Habits

Imagine your return of investment in your emotional and physical well-being if you created good habits to replace the “bad” ones. Hillary Van Horn-Gatlin, PhD, Behavioral Medicine Manager, uses the concepts from James Clear’s book “Atomic Habits” to present you this step by step guide on how to break bad habits and help you create good, healthy ones.

1. Learn how to “break habits to make them”

How to Create a Good Habit	How to Break a Bad Habit
Make it Obvious	Make it Invisible
Make it Attractive	Make it Unattractive
Make it Easy	Make it Difficult
Make it Satisfying	Make it Unsatisfying

2. Ask Yourself Why I Should Change

- Think how this change benefits you and visualize who you can be with a new, good habit

3. Allow and Accept Setbacks

- Instead of beating yourself up when you have a setback, learn from it
- Be kind to yourself, just like you would for your loved ones
- The goal is to stick to it until you get to the good part

4. Practice a Growth Mindset (Understand your ability to learn)

- With a Growth Mindset you can:
 - Treat challenges as opportunities
 - Can see that a need for improvement does not reflect failure
 - Apply effort to the habit change, and you are less likely to give up

5. Let Go of Perfect

- Perfectionism stops us from attempting to change and learning from our setbacks
- Don’t give up on the first sign of imperfection, instead take small steps towards change

6. Take a Small Step Today

- If we aim big, we might fall short
- Instead try **Habit-Stacking** where you:
 - Identify a current habit you already do daily and then stack your new behavior to it, pairing your new habit to an existing habit, and not to a time or location

7. Identify the Small Step and Schedule It

- **Make it easy** so you can reach the good habit
- **Make it difficult** so it’s hard to maintain the bad habit

8. Set up a Buddy System

- Research shows when we are accountable to someone else, we are more likely to stick with a new habit, so recruit a colleague, friend or partner to help you stay on track