

WELL FED DAILY

OVERCOMING HOLIDAY CRAVINGS

ONE DAY AT A TIME

The Habit Loop

How to Start New Habits that Actually Stick

Your life today is essentially the sum of your habits. Habits control your routine, your action. How in shape or out of shape you are, is a result of your habits. How happy or unhappy you are, is a result of your habits. Ultimately, how you choose to eat and what you choose to eat is a result of your habits. What you spend time thinking about and doing each day forms the person you are.

So what if you aren't happy, you are out of shape and you eat poorly. What then? If your habits are what make the foundation of your life, the cue that turns on an automatic response, you must need to form new habits. It turns out, there is a helpful framework that can make it easier to stick to new habits so that you can improve your health, your work and your life.

Every habit you have, good or bad, follows the same 3-step pattern.

CUE

The TRIGGER that initiates the behavior.

ROUTINE

The behavior itself or the ACTION you take.

REWARD

The BENEFIT you gain from doing the behavior.

This cycle has been proven over and over by behavioral psychology researchers. It has been studied numerous times in many different fashions and always ends up the same.

A cue

Turns on the behavior

Ends in a reward

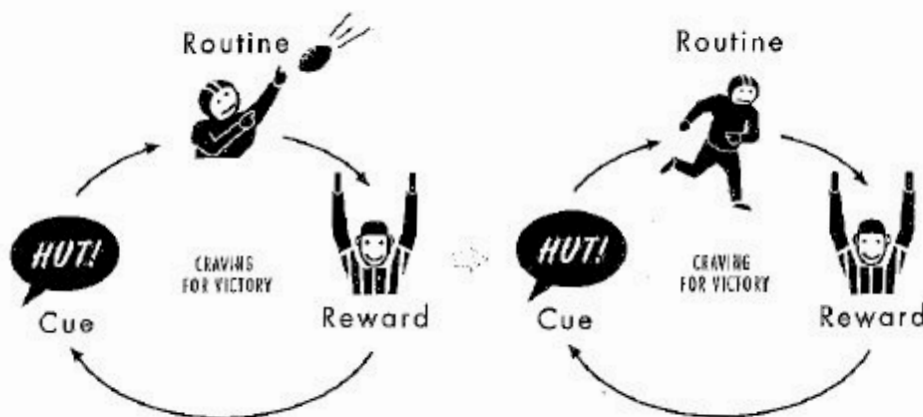
If the reward is positive, then you'll want to repeat the routine again the next time the reminder happens.

Repeat the same action enough times and it becomes a habit.

Every habit follows the basic 3-step structure

THE GOLDEN RULE OF HABIT CHANGE

You Can't Extinguish a Bad Habit,
You Can Only Change It.



HOW IT WORKS:
USE THE SAME CUE.
PROVIDE THE SAME REWARD.
CHANGE THE ROUTINE.

Getting Started is More Important than Succeeding.

Excellence isn't required for growth. Our world is becoming more, and more obsessed with comparison and validation. This style of thinking is becoming dangerously common. The fear of failure leaves many of us so paralyzed that we don't even begin, we don't try. Unfortunately this fear gets us no where but where we are. We have to take risk in order to succeed.

You will learn more from the process of pursuing excellence than from the products of achieving it.

Whether you will end up being the best or the worst the question becomes, are you willing to start? Take a risk, get started and contribute something. If you have the courage to start, you have the courage to finish.

Take the next few days to think deeply about these questions.
Answer them honestly, it will only help us through this journey.

What do you want to gain this Holiday Season?

What habits are you looking to create?

What do you fear about the Holiday Season?

DAILY CHALLENGE

DAY 1

Record how many servings of vegetables you consume today.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

where we want to be

What's a serving?

1 cup raw -- leafy 1/2 cup all other

DAY 2

Look up three new vegetable recipes to cook.

Broccoli

Spaghetti Squash

Butternut Squash

String Beans

Brussels Sprouts

Mushrooms

Onions

Cauliflower

Bok Choy

Collard Greens