

Presented by BU Happiness College

How To Build Good Habits & Break Bad Ones

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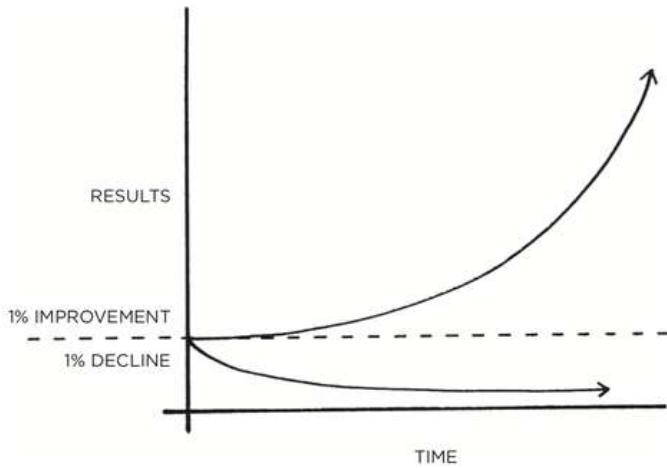




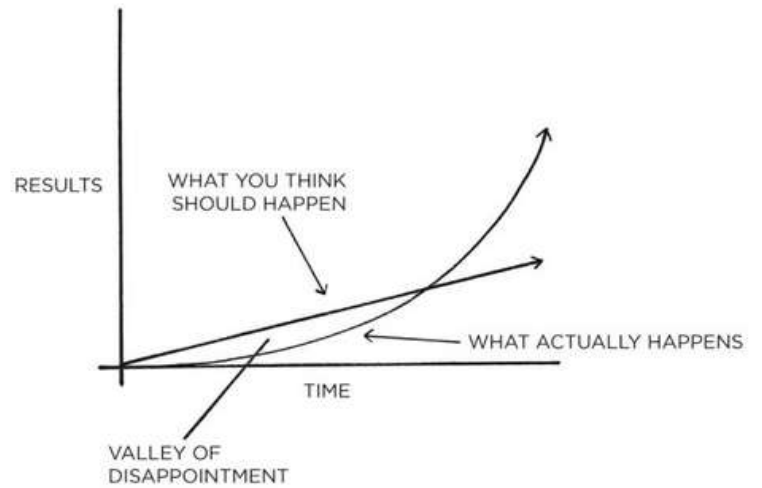
"Habits are the compound interest
of self-improvement."
- **James Clear**

Continuous improvement

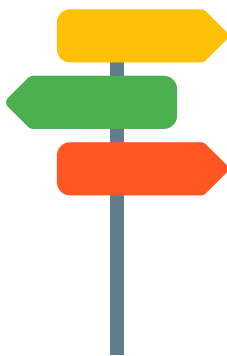
1% Better



Plateau of Latent Potential



Systems Over Goals



Goals are good for setting a direction



Systems are best for making progress

Identity



What type of person do you want to embody?

**Who are the specific people you want to emulate
in key areas of your life?**

Who are you voting for at the moment?

The Four Laws of Behaviour Change

1

How can I make it obvious?

2

How can I make it attractive?

3

How can I make it easy?

4

How can I make it satisfying?

Behaviour #1

Make It Obvious



Habit Stacking

What current habits could you stack new habits with?



Environment

How can you shape your environment better?

Behaviour #2

Make It Attractive



Temptation Bundling

How can you pair short-term gratifications with long-term desires?



Your Tribe

Who are the 5 closest people in your life? Do they reinforce your desired identity?

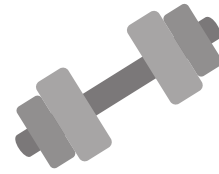
Behaviour #3

Make It Easy



The Law of Least Effort

Where can you reduce friction to make habits easier?



Get Your Reps In

What can you break down into 2-minute steps?

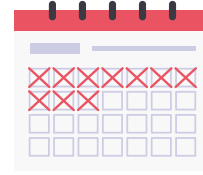
Behaviour #4

Make It Satisfying



Rewards

How can you reward yourself for sticking to habits?



Tracking

What system can you use to keep track of your habits?

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...