

# FORMING GOOD HABITS

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SOUTHERN NEVADA HOMELESSNESS COC BOARD MEETING

JANUARY 12, 2023

# STARTING 2023 WITH THE VALUE OF *CURIOSITY*

BE CURIOUS: DO YOU HAVE A HABIT YOU'D LIKE TO START?

LET ME GUESS? YOU DON'T HAVE TIME?  
WELL LET'S TEST THE THEORY WITH A HABIT SCAN...



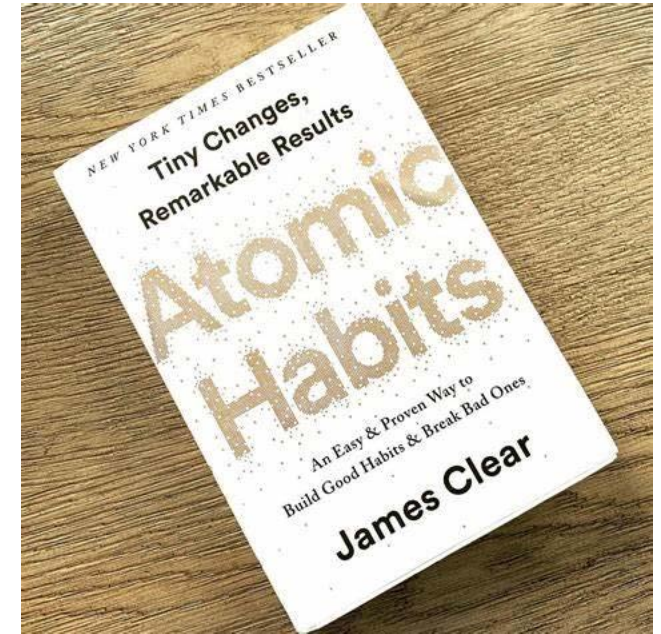
“You get what you repeat.”



A habit is a behavior that has been repeated enough times to become automatic.



The important thing is whether your habits are putting you on the right path.  
Current trajectory > Current results



SO YOU DO HAVE  
THE TIME, WHAT  
ELSE DO YOU NEED  
TO MAKE A  
HABIT CHANGE?

# 4 LAWS OF CREATING A GOOD HABIT FROM ATOMIC HABITS BY JAMES CLEAR

1st Law

- Make it Obvious

2nd Law

- Make It Attractive

3rd Law

- Make It Easy

4th Law

- Make it Satisfying

“

**You do not rise to the  
level of your goals.  
You fall to the level of  
your systems.**

JAMES CLEAR  
*Atomic Habits*

dare to lead | Spotify

# 1<sup>ST</sup> LAW: MAKE IT OBVIOUS



Use implementation intentions: “I will [BEHAVIOR] at [TIME] in [LOCATION]”

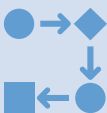
The two most common cues that can trigger a habit are **time** and **location**.

For example: “I will exercise for one hour at 5 p.m. at my local gym.”



Use habit stacking: “After [CURRENT HABIT], I will [NEW HABIT]”

For example: “After I pour my cup of coffee each morning, I will meditate for one minute.”



Design your environment. Make the cues of good habits obvious and visible.

Make your cue **highly specific and immediately actionable**: “After I close the door”; “After I brush my teeth”. The more tightly bound your new habit is to a specific cue, the better the odds are that you will notice when the time comes to act.

## 2<sup>ND</sup> LAW: MAKE IT ATTRACTIVE

### BUNDLE

Use temptation bundling. Pair an action you want to do with an action you need to do.

- Only listen to podcasts you love while exercising
- Only watch your favorite show while ironing

### TRIBE

Join a culture where your desired behavior is normal.

- The culture we live in determines which behaviors are attractive to us. We tend to adopt habits that are praised and approved of by our culture because we have a strong desire to fit in and belong to the tribe.

### RITUAL

Create a motivation ritual.

- You want to check Facebook but need to exercise more: “After I pull out my phone, I will do ten burpees (need). After I do ten burpees, I will check Facebook (want).”

## 3<sup>RD</sup> LAW: MAKE IT EASY



Reduce friction. Decrease the number of steps between you and your good habits.

Want to exercise? Set out your workout clothes, shoes, gym bag, and water bottle ahead of time.



Prime the environment. Prepare your environment to make future actions easier.

To practice a new habit, choose a place that is already along the path of your daily routine. Habits are easier to build when they fit into the flow of your life.

## 4<sup>TH</sup> LAW: MAKE IT SATISFYING

- Use reinforcement. Give yourself an immediate reward when you complete your habit
  - Select **short-term rewards that reinforce your identity** rather than ones that conflict with it.
  - For example, rewarding exercise with ice cream is conflicting. Maybe reward yourself with a massage, which is both a luxury and a vote toward taking care of your body.
  - Use a habit tracker.





## RECAP: HOW TO CREATE A GOOD HABIT

**1st Law**

- Make it Obvious

**2nd Law**

- Make It Attractive

**3rd Law**

- Make It Easy

**4th Law**

- Make it Satisfying

LET'S REFLECT ON HABIT CHANGE:



WHAT WAS MOST USEFUL FOR YOU?

“You do not rise to the level of your goals. You fall to the level of your systems. Your goal is your desired outcome. Your system is the collection of daily habits that will get you there. This year, spend less time focusing on outcomes and more time focusing on the habits that precede the results.” – James Clear