



Ah! New Year, a time when most of us ambitiously resolve to take on a new habit and potentially sustain it for the duration of the year. Habits like - waking up early, maybe finally hitting the gym, or cooking dinner on our own etc. **Unfortunately, only 8% of us manage to stick with these habits.**

But worry not, with the following 3 tips, your habits will have no choice but to stick:



### 1. 5...4...3...2...1...GO!

"I'll just spend the first week as my last week of fun, and then start the Monday after."  
NO! Don't do it. Start from day 1. When you feel yourself hesitate, follow the 5 second rule by Mel Robbins - **Count 5-4-3-2-1 and MOVE PHYSICALLY.** The window between deciding to take an action and your mind killing it is 5 seconds. This trick will make sure that you successfully get through this window and act.

So go get `em!



## 2. Nano-habits

A major habit change can seem like a daunting task. But did anyone set in stone that you need to go all in from day 1? No, not really. So how about you take baby steps, and then gradually climb your way up?

For eg. You want to wake up earlier. Start with setting your alarm 10 mins earlier than usual, and then month by month increase this interval. Next, maybe stop using your phone an hour before going to sleep as phones are known to affect our sleep cycle. You'll start noticing the difference very soon!

Remember, a 1% change (through Nano-Habits) you make each day can result in a 37 times better you by the end of the year. ( $1.01^{365} = 37.8$ )



## 3. The 2-minute Rule

A major and natural stumbling block to bringing a change in life is laziness. For eg: You have decided to hit the gym, but then you wake up and think about changing into your workout outfit, and laziness takes over like a heavy weight.

The two minute rule dictates that if you can reduce the time taken to practice a habit by 2-min, the chances of practicing the same would increase multi-fold. So, go to sleep in your

workout clothes with your shoes right by your bed.

The reverse applies to the habits you want to cut down on - delay them by 2-minutes. For eg. To reduce binge watching your TV, remove the batteries from the remote and place them in a different room. This is a very powerful tool to build on your good habits and cut down on your bad ones.

**It's 2021! This year, let's show your mind who's the boss.**

Looking for more motivation? Our experts are here to help you stick to your resolution longer.

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