Building Productive Habits by Habit Stacking

One of the best ways to build a new habit is to find a habit you already do each day and then stack your new behaviour on top of it. In other words your current habit becomes the trigger for your new one. James Clear (2018) calls this strategy "*habit stacking*."

Step 1: Consider your work day. What habits would you like to have, but you haven't been able to really stick to them yet? Brainstorm a list here.

Step 2: List your current habits. Focus on just one part of your day for now. For example, what habits do you have from the moment you wake up in the morning until you break for lunch? List those habits here. (You can focus on another part of your day during another brainstorm.)

Step 3: Compare your two lists in steps 1 and 2. Which new habit could you stack on to an old one? What seems reasonable? What makes sense? Brainstorm here.

Source: Clear, James. (2018). *Atomic habits.* Penguin Random House.

Map out your new habits:

1st NEW HABIT: _____

After _____,
                                        CURRENT HABIT

I will _____.
                                        NEW HABIT

2nd NEW HABIT: _____

After _____,
                                        CURRENT HABIT

I will _____.
                                        NEW HABIT

3RD NEW HABIT: _____

After _____,
                                        CURRENT HABIT

I will _____.
                                        NEW HABIT

Source: Clear, James. (2018). *Atomic habits.* Penguin Random House.