

Neuro-Habits

by Peter Hollins

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Map One Habit Loop You're Trying to Break**

For one unwanted habit: identify the cue, the routine, and the reward. Usually, you only need to change the routine in response to the cue. The reward is often similar.

MON TUE WED THU FRI SAT SUN

⁰² **Implement One Habit Stack This Week**

Pick one existing habit and attach one new habit to it using IF-THEN: 'After I [EXISTING HABIT], I will [NEW HABIT].' Keep the existing trigger. Add the new behavior.

MON TUE WED THU FRI SAT SUN

⁰³ **Redesign One Environment**

Pick one space - your desk, your bedroom, your kitchen. Redesign it to make the desired behavior easier and the undesired behavior harder. Environment is habit infrastructure.

MON TUE WED THU FRI SAT SUN

⁰⁴ **The Two-Minute Rule**

When starting a new habit: do it for just two minutes. Not because two minutes is the goal - because starting is the hardest part. Two minutes lowers the activation energy to zero.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Visualize Before You Act**

Before any habit you want to build, spend 60 seconds vividly visualizing yourself doing it. See it, feel it, hear it. The mirror neuron system primes the behavior.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Track One Habit for 30 Days**

Pick one habit. Track it daily - not to judge yourself, but to see the pattern. Most people discover they overestimate their consistency and underestimate their variability.