



Hardwiring Atomic Rituals by Diane Mitchell-Miller

Creating a rituals and habits can be a challenging process, but it can be accomplished by following basic steps. The first step is to identify the habit you want to create. It is essential to be clear about the habit you want to develop and ensure that it aligns with your goals. When creating a habit, it is crucial to start small. Small, achievable goals can help build momentum and make it easier to incorporate the new habit into your routine. For example, if you want to start exercising regularly, start by doing a 10-minute workout every day and gradually increase the time as your habit forms.

Consistency is key to creating a habit. Stick to your routine and try to perform the habit at the same time and place every day until it becomes second nature. Finally, it can be helpful to track your progress and keep a record of how often you perform the habit. This can help you stay motivated and give you a sense of accomplishment as you see your progress over time.

"Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny." – Mahatma Gandhi

Trigger, action, reward" is a framework often used to explain the basic mechanics of habit formation. The framework suggests that habits are formed as a result of the following three-step loop (remember, creating a habit takes time and effort. Be patient, persistent, and keep at it, and soon enough, the habit will become automatic):

1. **Trigger (Cue):** The trigger is the cue that prompts you to take action. It could be a specific time of day, a particular location, an event, or an emotion. The trigger should be something that you encounter regularly and that can remind you to perform the action.

2. Action: The action is the behavior or activity that you want to turn into a habit. It should be something that you can realistically do consistently, such as going for a walk every day, meditating for 10 minutes each morning, or reading for 30 minutes before bed.
3. Reward: The reward is the positive reinforcement that you receive for completing the action. It could be something tangible, such as a small treat or a sticker on a chart, or it could be an internal reward, such as feeling proud of yourself or experiencing a sense of accomplishment. The reward should be something that you genuinely enjoy and that motivates you to continue the habit.

The theory behind this framework is that when you experience a trigger that leads to a positive outcome, your brain reinforces the connection between the trigger and the behavior, making it more likely that you will repeat the behavior in the future when you encounter a similar trigger.

For example, if you receive a notification on your phone (the trigger), and then check your social media app (the action), and see an interesting post (the reward), your brain may start to associate receiving notifications with the positive feeling of seeing interesting posts, making it more likely that you will check your social media app when you receive future notifications.

Why We Do What We Do in Life and Business by Charles Duhigg explores the science behind habit formation, drawing on research from psychology, neuroscience, and behavioral economics to explain how habits work and how we can change them. Duhigg's book became a bestseller and helped to popularize the idea of trigger-action-reward loops as a key component of habit formation. (Duhigg)

Another influential figure in the field of habit formation is BJ Fogg, a behavioral scientist and founder of the Behavior Design Lab at Stanford University. Fogg has developed a model of behavior change known as the "Fogg Behavior Model," which is based on three elements: motivation, ability, and triggers. Fogg's work has helped to popularize the idea that habits are formed as a result of repeated behaviors that are triggered by environmental cues, and that habits can be changed by altering the cues that trigger them. (Fogg)

Atomic Habits by James Clear that offers a comprehensive and practical guide to building better habits. The book is based on the idea that making small changes in our behavior, or "atomic habits," can lead to significant improvements in our lives over time. The book is structured around four key principles of habit formation:

1. Make it obvious - Clearly identify what habits you want to form and make them visible in your environment.
2. Make it attractive - Connect your habits to things you enjoy and find rewarding.
3. Make it easy - Simplify your habits and make them easy to do.
4. Make it satisfying - Focus on the rewards and positive outcomes that come from sticking to your habits. (Clear)

Your identity emerges out of your habits. Every action is a vote for the type of person you wish to become" —James Clear

Clear emphasizes the importance of focusing on small, incremental changes that can be sustained over time, rather than trying to make big, sweeping changes that are difficult to maintain. He also provides practical strategies for breaking bad habits, building good habits, and staying motivated.

"We first make our habits, and then our habits make us." - John Dryden
