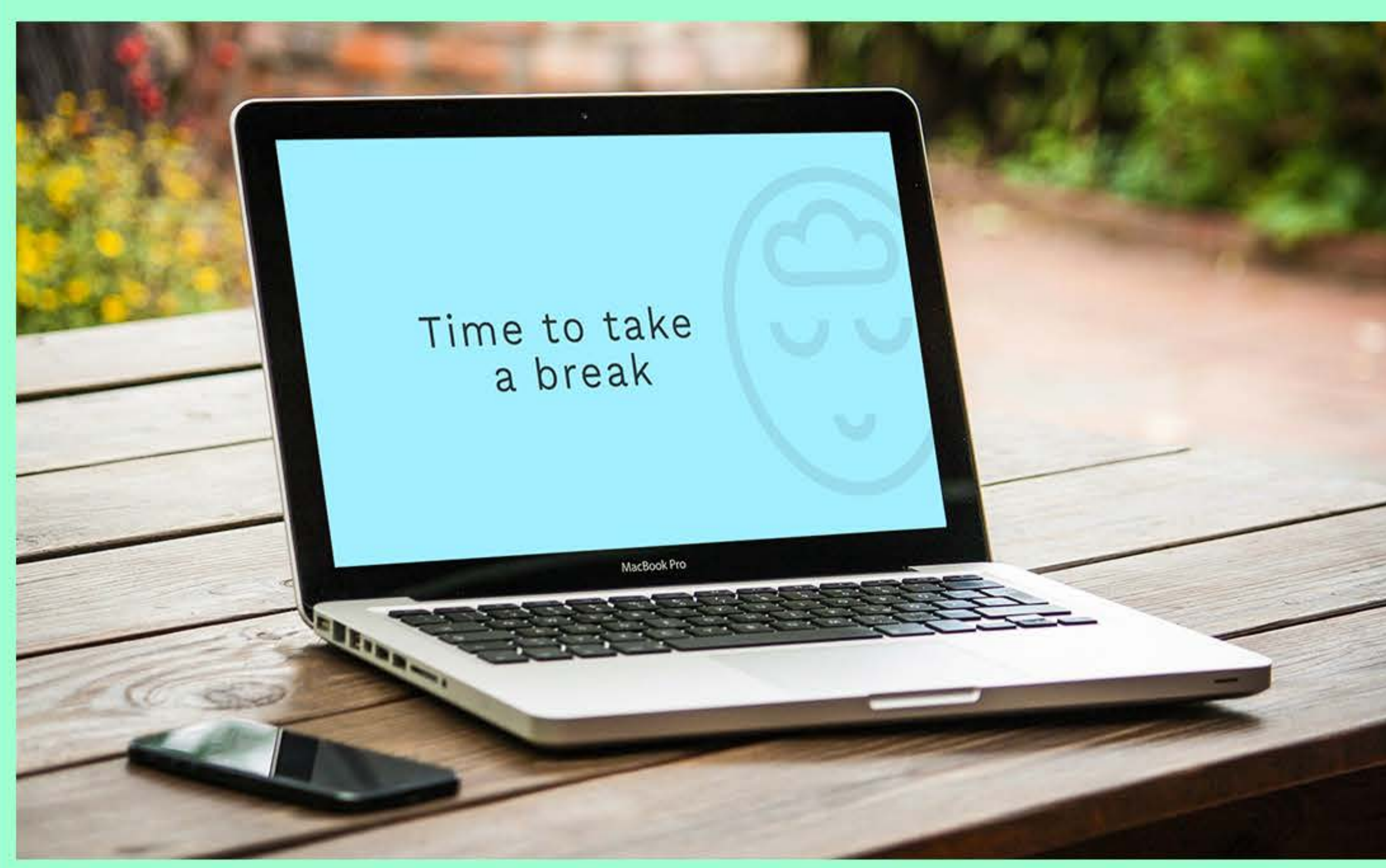


Some of our favourite top tips for building new habits

Everyone's different, so not all of these will work for you, but here are some of our other favourite ways of building new habits, sourced from within the hub team and our wider community of curious and generous



1. Make it as easy as

To build better new habits and as hard as possible to slip back into old ones. So if you're trying to get better at taking a lunchbreak maybe arrange to meet a different friend a few times a week. And block out the time in your calendar with a 'no meetings' message.

2. Start simple and small

Rome wasn't built in a day, and neither can you change your life in a day! Be realistic and don't set yourself impossible goals. Start small and simple. If you want to build a daily meditation practice, don't start with 30 minutes, but with 10, and then build on that.

3. Don't do it alone

There's tonnes of evidence that we are to some extent the company we keep, so get a buddy who maybe wants to build the same habit, or who can motivate you if you feel like giving up. Similarly, you could hang out with other people who have a positive outlook, or even people you consider to be role models in relation to the habit you are trying to form.

4. Consistency is key

Keeping at it is key if you want your habit to stick, and consistency can really help. So, at the beginning, keep things regular. If you build your Instagram presence, set aside the same 15/20 minutes every day to work on your posts.

5. Say goodbye to all or nothing



You're not perfect, and the chances are that you'll slip up. The good news though is that missing out on a new habit once really doesn't impact your long term chances of sticking with it.

Pre-empt this by thinking about what might cause the slip up, and try to find ways of avoiding that happening.

6. The power of “yet” and “but”

Get curious... ask yourself questions about how best you can unlock the change in behaviour you want to see. Just try. The best scientists know that experiments can't fail; it's more that different combinations of factors produce different results. Work out what works for you!

7. Treat it as an experience

We love these two words! When you start to doubt yourself, or stary into negative thinking, both can help interrupt your thinking. So, instead of “I'm just never going to get the hang of this”, your thinking becomes “I've not got the hang of this yet, but if I keep trying I will probably crack it”.

8. Master the basics

We're nothing without enough sleep and exercise, without the right diet and without being a bit organised. Get these right and your chances of success will increase exponentially!

We hope these are useful and inspiring food for thought! Good luck!