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DR. GINA CLEO

A guide to habit hacking

To transform goals into habits, choose a simple action (which will become a habit) that you can do on a daily basis, which will move you towards your goal. Then, pair your chosen habit with something already existing in your usual lifestyle (e.g., time, place, preceding action/event) to successfully create a cue-response association.

Let's go through the process step by step.

FIVE STEPS TO CREATING NEW HABITS

1. Set a goal

Decide on a goal that you would like to achieve.

If you would like some inspiration, [click here](#) for a list of healthy habit examples.

2. Choose a simple action

Choose a simple action that you can do on a daily basis that will move you toward your goal. This action will eventually become your new habit.



3. Create a cue-response association

Plan when and where you will do your chosen action.

Be consistent: choose a trigger that you encounter every day (e.g., the time of day [e.g., 7:00 AM), your location [e.g., kitchen, office, car, etc.], or preceding action [e.g., waking up, turning on the kettle, finishing dinner, etc.]).

Trigger:

4. Take action

Each time you encounter the trigger, enact the chosen habit. It's one thing to plan to take action, it's another thing to actually do it!

5. Track your progress

Each time you perform the chosen habit, check it off using a Habit Tracker (see the following pages for advice and an example of a Habit Tracker).

Habit Trackers

Using a Habit Tracker is essential for keeping track of your cue-response associations.

See links below for a list of Habit Tracker apps and paper-based trackers (print example for paper-based on the following page).

HABIT TRACKER APPS



www.drginacleo.com/post/habit-tracker-apps

PAPER-BASED HABIT TRACKERS



www.drginacleo.com/post/habit-tracker

HABIT TRACKER

MONTH

| | | | |
|-----|-----|-----|-----|
| JAN | FEB | MAR | APR |
| MAY | JUN | JUL | AUG |
| SEP | OCT | NOV | DEC |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Keen to learn more?

Scan the QR code to receive a **FREE Habit Masterclass series** with Dr. Gina Cleo.



We will explore:

- The difference between habits and behaviours
- How to create new habits and rewire your brain
- How to break old, unwanted habits
- Why your willpower doesn't work long-term (and what to do instead)
- The number one strategy for changing your habits, forever.

<https://habitchangeinstitute.mykajabi.com/masterclass>

Dr. Gina Cleo is an independent habit researcher dedicated to exploring the science of behaviour change and sustainable wellbeing. With expertise in evidence-based strategies, she's collaborated with Essentially You to provide practical solutions for creating lasting habits.

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