

BUILDING HABITS



Learning Objectives



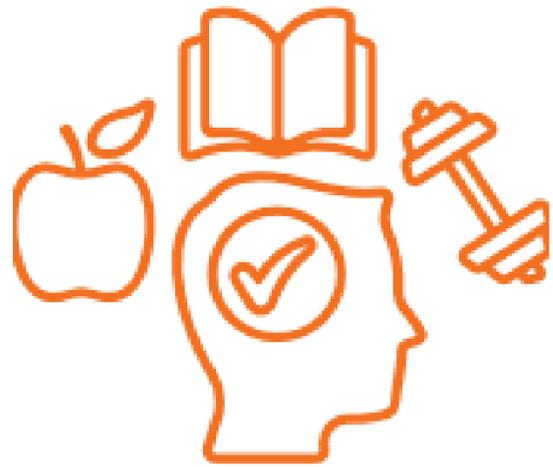
Understand how to foster positive habits and eliminate the bad through the framework of the law of behavior change.



Commit to foster positive habits and eliminate the bad



Develop analytical skills.



Great transformations begin with simple routines

Consistent incremental process, even as little as 1% daily, can lead to significant long-term results



Prioritize the system over the goals.

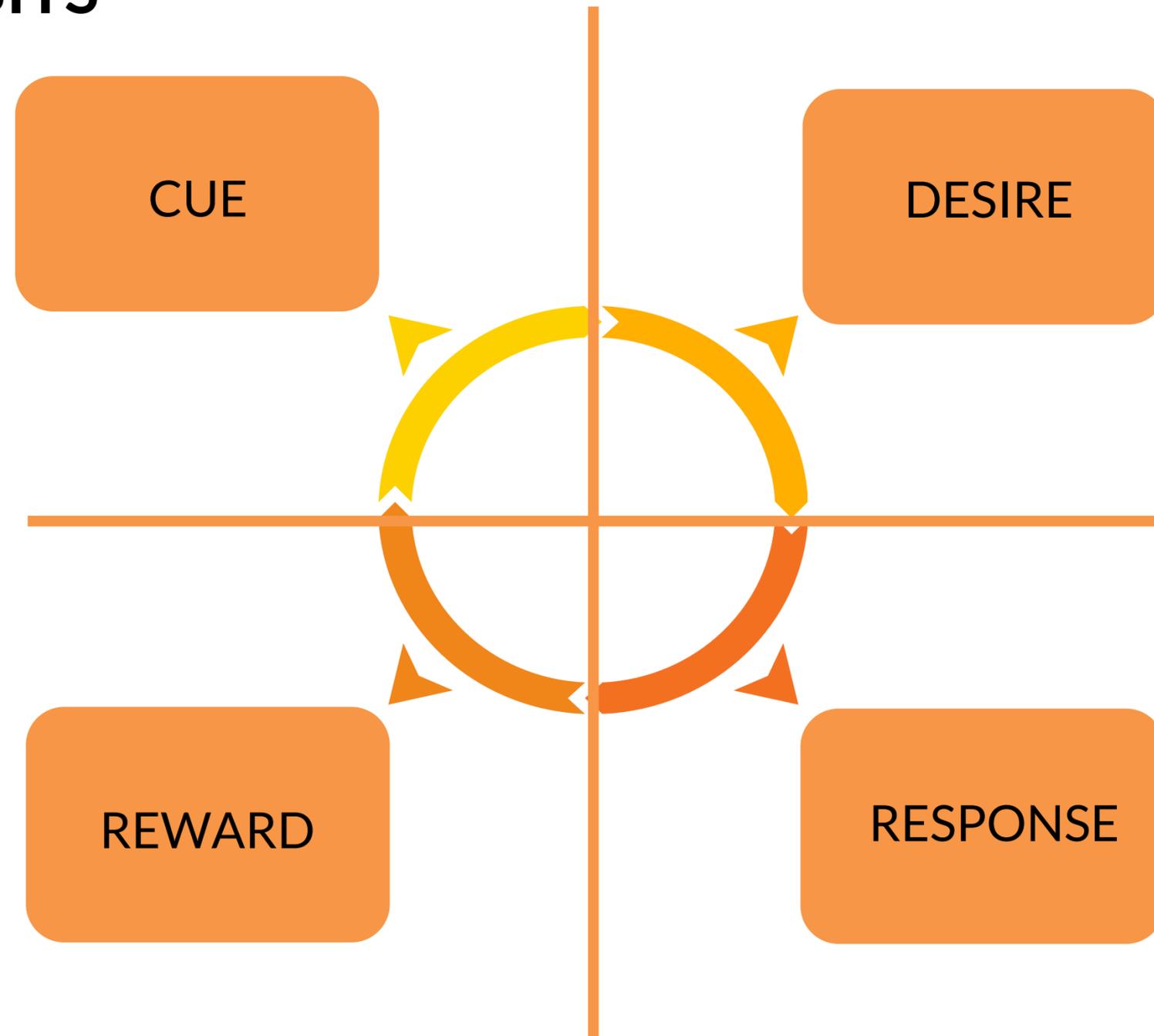
Goals define outcomes, systems define the process to achieve them.



Build identity-based habits

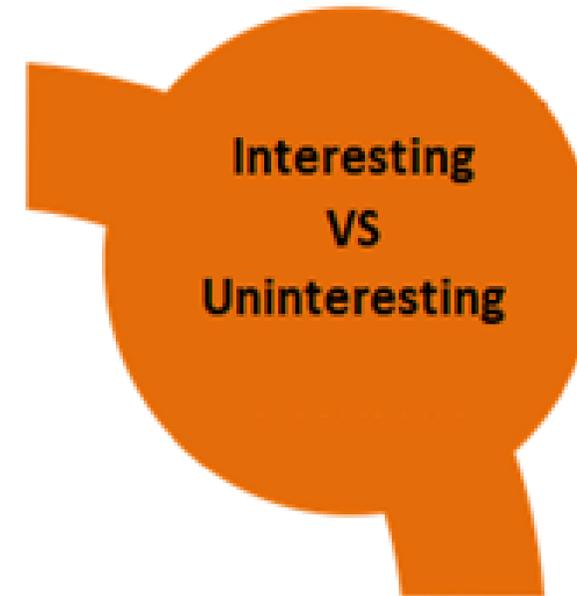
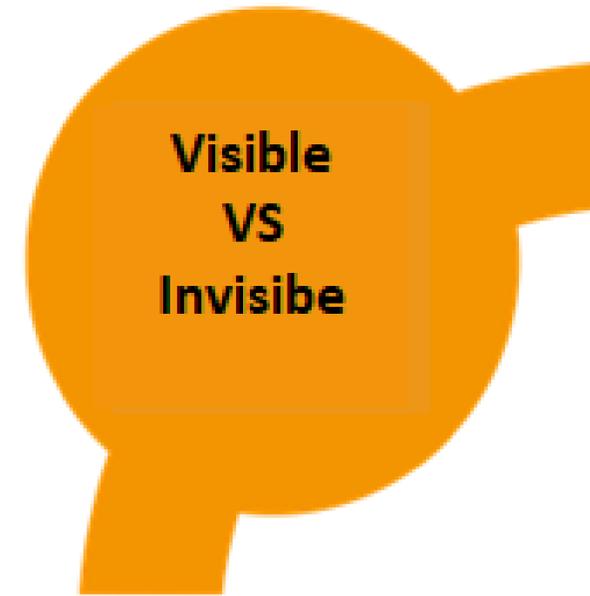
Long-term habit formation is driven by changes in self-concept. Our current behaviour reflects our identity.

CIRCLE OF HABITS



4 LAWS OF BEHAVIOUR CHANGE

- Increase exposure to stimuli that initiate a behavior



- Improve the probability that a behavior will form into a habit

- Improve the probability of the behavior recurring.



- Minimize the obstacles to performing the behavior.

Identify present habits by recording them.



The 4 Laws to Creating Great Habits

Use an implementation intention: "I will [BEHAVIOR] at [TIME] in [LOCATION]."



Make it visible



Accumulate habits: "After [CURRENT HABITS], I will [NEW HABITS]."

Arrange the environment to make cues for positive habits apparent.



The 4 Laws to Creating Great Habits

Make it interesting



Integrate desired habits with necessary habits. “After [WANT TO DO], I will [NEED TO DO].”



Enjoying a small reward before a hard task



Join a supportive group

The 4 Laws to Creating Great Habits

Make it easy

Reduce obstacles:
Simplify the process to
access beneficial habits.



Create a supportive
environment that makes it
easier to act positively
later on



The defining moment: Optimize
small choices that have a big impact.



Use the two-
minute rule



Automate habits:
Investment in
technology or one-
time purchases to
support habits.

The 4 Laws to Creating Great Habits

Make it satisfying

Use Reinforcement: Give yourself an immediate reward upon completing a habit.



Make 'doing nothing' enjoyable by designing ways to appreciate the benefits of avoiding bad habits.

How to Create Good Habits Based on the 4 Laws

Make it satisfying

Use tools or notes to monitor habits and “don't break the chain.”

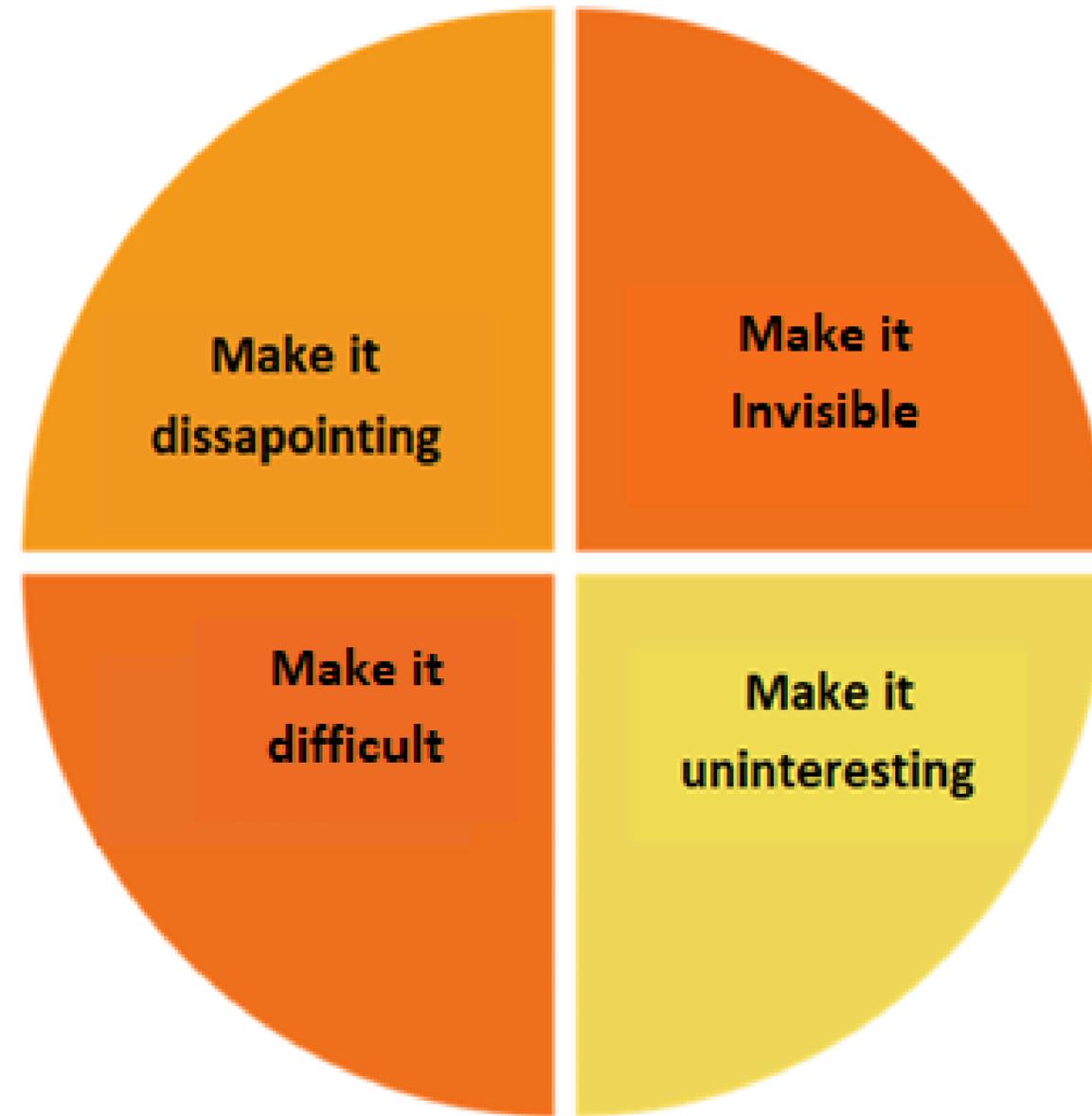
Don't skip/absent two or more times



How to Get Rid of Bad Habits with the Four Laws Reversal

Make bad habits feel disappointing, for example by adding negative consequences to them.

Add obstacles to doing bad habits so that they become inconvenient or impractical.



Reduce access to the bad habit to make it difficult to do, such as hiding the triggers of the habit.

Replace bad habits with new ones that are more interesting and beneficial so that bad habits lose their appeal.



INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS). ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)



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