Building Good Habits
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Habit = A behavior or practice routinely performed which becomes involuntary or automatic.

There are Three Levels of Behavior Change - Outcome, Process, and Identity:
- **Outcome** (“what you get”): The results you want, e.g., to save more money.
- **Process** (“what you do”): The practice to reach the desired outcome, e.g., creating a spreadsheet of expenses.
- **Identity** (“what you believe”): The definition of who you want to become, e.g., I will become financially responsible

How to Create Lasting Behavior Changes:
- Disregard the Goal/Outcome and focus on the System used to achieve that Goal/Outcome, e.g., instead of focusing on the goal of learning a new instrument, concentrate on the habit of 5 minutes of daily practice of the instrument.
- Build “Identity-Based” Habits - Focus on who you want to become, not on the outcome you want to achieve.
- Start Small - Start with practices that are “too small to fail.” For example, if the desire is to become financially responsible, start saving a dollar each day and progressively increase the amount saved.
- Identify “Keystone Habits,” or habits that allow other good habits to take hold. For example, waking up earlier may allow time to meditate, exercise, and/or prepare a healthy breakfast.
- Consider “Habit Stacking,” or linking a new behavior to an already established behavior.
  - Habit Stacking Formula = After/Before [Current Habit], I will [New Habit]; e.g., “After I turn on the coffee pot, I will take my daily multi-vitamin.”
- Consider “Habit Tracking” with a calendar or an App – Habit trackers remind you to act, motivate you to continue, and provide immediate satisfaction when marking off completion of the behavior.
- Emotions create habits - Celebrate a positive behavior immediately after completion to associate that behavior with a sense of accomplishment.

The 4 Rules of Behavior Change - Make it Obvious, Attractive, Easy, & Satisfying

| Make it Obvious | Write down your bedtime routine to become aware of positive and negative practices. Habit stack: After brushing my teeth, I will move to my bed. |
| Make it Attractive | Use temptation bundling by pairing a desirable action with a needed action, e.g., listening to a podcast or reading a book for 5 minutes before committing to sleep. |
| Make it Easy | Set a bedtime and stick to it. Make the environment conducive to sleep by minimizing excess light and distractions. |
| Make it Satisfying | Use a habit tracker to keep track of when you apply your bedtime routine. Use positive reinforcement by rewarding yourself each week you stick to your routine. |

The 1% Rule & The Power of Compounding:
- Small wins lead to exponential progress. If you improve by 1% each day for one year, you’ll end up 37 times better by the end of the year.

References:
- [https://JamesClear.com](https://JamesClear.com)