

Questions to Build Small Habits That Stick

1. Identify Your Habit

What's one great habit you could build to be happier or at your best more often? Start by asking what matters most today. What should you be doing to stay at your best for yourself, your family, your team, or your patients? Think about what your teammates or the animals need from you that you could turn into a daily practice.

2. Design Your Habit

How can you make this habit ridiculously small? If you wanted to build that habit, what's one thing you could do to just get some reps in? Can you start with something so small it takes less than a minute? Remember: if you can do one, you can do two, but if you can't do one, you can't do two.

3. Anchor Your Habit

What do you already do every day that could remind you to practice this habit? When and where will this habit happen? What routine can you attach this to so it becomes automatic? New habits stick when they're connected to something you're already doing consistently.

4. Plan and Sustain Your New Habit

How should you plan your day so you feel good about it at the end? Where on your schedule is there time for this habit? If you focus on one accomplishment today related to this habit, what would it be? Practice it consistently, and it will become a habit you don't have to think about anymore.

