

## HABITUATE YOURSELF

### Lecture Prog conducted for students at RYLA 2025 at Madurai, India

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- Habits die hard. Once habituated, you are slave to the habit good or bad.
- Why so much fuss about it? Changes that seem small and unimportant at first will compound into remarkable results if you're willing to stick with them for years.
- What we do involuntarily without thinking about and which is hard to discontinue is habit.
- How do I master the habits? If we improve in our habits 1% per day, in one year we end up improving 37% of the first day.
- Quality of our lives often depends on the quality of our habits.
- Small step of a man "a great leap for mankind" but that happened after prolonged effort, research and consistent practice by the astronauts. It means achieving great success requires stupendous action. Series of small wins and tiny breakthroughs. As we perform more tasks without thinking, the more of our brain is free to focus on other critical areas. The only way to progress is to start small.
- To write a great book, you must first become the book."

The ingredients for habits are four viz. cue, craving, response, and reward.

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- Learning one new idea won't make you a genius, but a commitment to lifelong learning can be transformative.
- The more you think of yourself as worthless, stupid, or ugly, the more you condition yourself to interpret life that way.
- People reflect your behavior back to you. The more you help others, the more others want to help you.
- Then, thirty-two degrees. The ice begins to melt. A one-degree shift.
- Bamboo can barely be seen for the first five years explodes within six weeks.
- Similarly, habits often appear to make no difference until you cross a critical threshold and unlock a new level of performance. The most powerful outcomes are delayed. People make a few small changes, fail to see a tangible result, and decide to stop. "Plateau of Latent Potential"
- Complaining about not achieving success despite working hard is like complaining about an ice cube not melting when you heated it from twenty-five to thirty-one degrees. Mastery requires patience.
- In the words of three-time Super Bowl winner Bill Walsh, "The score takes care of itself." If you want better results, then forget about setting goals. Focus on your system instead.
- Goals are good for setting a direction, but systems are best for making progress.
- The purpose of setting goals is to win the game. True long-term thinking is goal-less thinking.

- Goal:
  - The goal is not to read a book, the goal is to become a reader.
  - The goal is not to run a marathon, the goal is to become a runner.
  - The goal is not to learn an instrument, the goal is to become a musician.
- Self Liability:
  - "I'm terrible with directions."
  - "I'm not morning person."
  - "I'm bad at remembering people's names."
  - "I'm always late."
  - "I'm not good with technology."
  - "I'm horrible at math."
- Practice:
  - Each time you write a page, you are a writer.
  - Each time you practice the violin, you are a musician.
  - Each time you start a workout, you are an athlete.
  - Each time you encourage your employees, you are a leader.
- First, decide who you want to be. This holds at any level-as an individual, as a team, as a community, as a nation.
  - "I'm the kind of teacher who stand up for her students."
  - "I'm the kind of doctor who gives each patient the time and empathy they need."
  - "I'm the kind of manager who advocates for her employees."
- "Habits are, simply, reliable solution to recurring problems in our environment."

<b>CUE</b>	<b>CRAVING</b>	<b>RESPONSE</b>	<b>REWARD</b>
See a message	What's in that	Gra phone	Read
Answer e mail	Feel stressed	Bite nails	Get calm down
Wake up morning	To be alert	Drink cofe	Drinking to wake up

Laws	How to Create a Good Habit/ Bad habit
➤ The 1 <sup>st</sup> law (Cue)	➤ Make it obvious/ - invisible
➤ The 2 <sup>nd</sup> law (Cravings)	➤ Make it attractive/ - unattractive
➤ The 3 <sup>rd</sup> law (Response)	➤ Make it easy/ - difficult
➤ The 4 <sup>th</sup> law (Reward)	➤ Make it satisfying/ - unsatisfying

- With enough practice, you can pick up on the cues.
- Be aware
- Prepare the list, "Is this is good habit, a bad habit, or a neutral habit?" If it is a good habit, write "+" next to it. If it is a bad habit, write "-". If it is neutral habit, write "=".
- Wake up ( + / - / = )
- Turn off alarm ( + / - / = )
- Check my phone ( + / - / = )
- Go to the bathroom ( + / - / = )
- Weigh myself ( + / - / = )
- Take a shower ( + / - / = )
- Brush my teeth ( + / - / = )
- Floss my teeth ( + / - / = )
- Put on deodorant ( + / - / = )
- Hang up towel to dry ( + / - / = )
- Get dressed ( + / - / = )
- Have break fast ( + / - / = )
- We imitate the habits of three groups in particular:
  1. The close.
  2. The many.
  3. The powerful.
- We pick up habits from the people around us.
- Humans are similar.
  - Connect and bond with others=browsing Facebook
  - Win social acceptance and approval=posting on Instagram
  - Reduce uncertainty=searching on Google
  - Achieve status and prestige= active in WhatsApp.
- Repeating a habit leads to clear physical changes in the brain. In musicians, the cerebellum-critical for physical movements like plucking a guitar.
- **TWO-MINUTE RULE.**
  - "Read before bed each night" becomes "Read one page."
  - "Do thirty minutes of yoga" becomes "Take out my yoga mat."
  - "Study for class" becomes "Open my notes."
  - "Fold the laundry" becomes "Fold one pair of trousers."
  - "Run three miles" becomes "Tie my running shoes."

<b>Very easy</b>	<b>Easy</b>	<b>Moderate</b>	<b>Hard</b>	<b>Very Hard</b>
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- "Don't break the chain" is a powerful mantra.
- HABIT TRACKING IS OBVIOUS.

#### **HOW YOUR PERSONALITY INFLUENCES YOUR HABITS**

1. Openness to experience.
2. Conscientiousness.
3. Extroversion.
4. Agreeableness.
5. Neuroticism.

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*Acknowledgment: This note is adapted extensively from the book Atomic Habits, written by Mr. James Clear, who is profusely thanked for the great piece of motivational writing.*