

Habit Stacking

The key to habit stacking success is to start with small expectations, build the muscle memory of completing routines, and then add more tasks once you're consistent.

Step 1:

Start with a 5 minute block

Start with 5 minutes, picking 1 or 2 habits, and then add more when this routine becomes an automatic action.

Step 2:

Focus on small wins

Build your routine around habits that don't require a lot of effort.

Step 3:

Pick a time and location

Every stack should be anchored to a trigger related to a location, time of day, or a combination of both.

Step 4:

Anchor your stack to a trigger

A trigger should be an existing habit and should be easy to complete.

Step 5:

Create a logical checklist

It will remove all the guesswork about what you need to do to take action.

Step 6:

Be accountable

Accountability helps to stick to a major goal.

Step 7:

Create small, enjoyable rewards

Giving yourself a reward can be a great motivator to complete a daily routine.

Step 8:

Focus on repetition

Consistency is more important than anything else. Repetition builds muscle memory.

Step 9:

Don't break the chain

The purpose of not breaking the chain is to eliminate your excuses.

Step 10:

Expect setbacks

Expect challenges to come up with this routine. When they do, you have one of two choices: Give up or find a way to overcome them.

Step 11:

Schedule the frequency of the stack

Some stacks only need to be completed on an irregular basis. Daily, Weekly, & Monthly.

Step 12:

Scale up your stack

It is recommended you eventually build up to a 30 minute routine, where you complete at least six small habits. Do this in an incremental manner.

Step 13:

Build one routine at a time

Don't try to build more than one habit at a time because each additional new action will make it increasingly difficult to stick with your stacks.