
THE SECRET OF HABITS

Six Steps For Forming a New Habit

- 1) Pick a goal.**
- 2) Pick a “high radiation” habit that moves you towards that goal.**
- 3) Figure out the Best Minimum Action and form your new habit.**
- 4) Surround your Best Minimum Action with triggers and a supporting environment.**
- 5) Institute an accountability system around that action.**
- 6) Reassess and course correct with new or different habits.**