

# HABIT BREAKDOWN

Starting a new habit can be challenging, but breaking it down into small steps and practicing for just two minutes each day can help you overcome this initial barrier.

## Habit-Building Process

Break your desired habit into five steps. The first step should be very easy **1** and take no more than two minutes to complete. By the final step, you should be practicing the entire habit.

Complete step 1 every day until it becomes a habit. You can do more steps **2** when you feel motivated, but consistently completing step 1 is the most important goal.

When step 1 becomes a habit, it serves as a foundation for step 2. Then, **3** aim to complete both steps 1 and 2 every day. Continue this process until each step becomes a habit.

## Example 1

<b>New Habit</b>	Walk for 30 minutes everyday
<b>Step 1</b>	Change into exercise clothes after work
<b>Step 2</b>	Walk around the block
<b>Step 3</b>	Walk for 10 minutes
<b>Step 4</b>	Walk for 20 minutes
<b>Step 5</b>	Walk for 30 minutes

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## New Habit

## Breakdown

Step 1

Step 2

Step 3

Step 4

Step 5