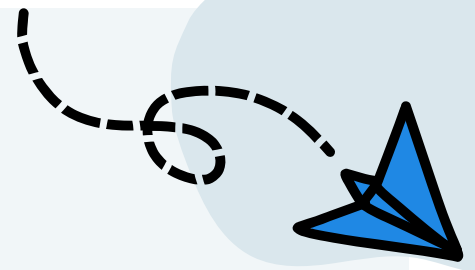


# THE POWER OF HABITS

HEALTH AND MIND CLUB  
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Habits are the small decisions we make and actions we perform every day. According to researchers at Duke University, habits account for about 40 percent of our behaviors on any given day. Understanding how to build new habits (and how your current ones work) is essential for making progress in your health, your happiness, and your life in general.



1

## Start with an incredibly small habit.

When most people struggle to build new habits, they say something like, "I just need more motivation." Or "I wish I had as much willpower as you do."

This is the wrong approach. Research shows that willpower is like a muscle. It gets fatigued as you use it throughout the day. Solve this problem by picking a new habit that is easy enough that you don't need the motivation to do it. Rather than starting with 50 pushups per day, start with 5 pushups per day. Rather than trying to meditate for 10 minutes per day, start by meditating for one minute per day. Make it easy enough that you can get it done without motivation.

2

## Increase your habit in very small ways.

Rather than trying to do something amazing from the beginning, start small and gradually improve. Along the way, your willpower and motivation will increase, which will make it easier to stick to your habit for good.

3

## As you build up, break habits into chunks.

If you continue adding one percent each day, then you'll find yourself increasing very quickly within two or three months.

4

## When you slip, get back on track quickly.

Top performers make mistakes, commit errors, and get off track just like everyone else. The difference is that they get back on track as quickly as possible.

5

## Be patient. Stick to a pace you can sustain.

Learning to be patient is perhaps the most critical skill of all. You can make incredible progress if you are consistent and patient.



“  
The Journey of a  
thousand miles begins  
with a single step.”

# HOW TO BREAK A BAD HABIT AND REPLACE IT WITH A GOOD ONE

Here are some ideas for breaking your bad habits and thinking about the process in a new way.

- **Choose a substitute for your bad habit.** You need to have a plan ahead of time for how you will respond when you face the stress or boredom that prompts your bad habit.
- **Cut out as many triggers as possible.** Make it easier on yourself to break bad habits by avoiding the things that cause them.
- **Join forces with somebody.** The two of you can hold each other accountable and celebrate your victories together. Knowing that someone else expects you to be better is a powerful motivator.
- **Surround yourself with people who live the way you want to live.** You don't need to ditch your old friends, but don't underestimate the power of finding some new ones.
- **Visualize yourself succeeding.** See yourself eating healthy food or waking up early. Whatever the bad habit is that you are looking to break, visualize yourself crushing it, smiling, and enjoying your success. See yourself building a new identity.

Bad habits interrupt your life and prevent you from accomplishing your goals. They jeopardize your health — both mentally and physically. And they waste your time and energy. So why do we still do them? And most importantly, is there anything you can do about it?

Let's focus on the practice of making changes in the real world. How can you delete your bad behaviors and stick to good ones instead?



“Attitude is a reflection of character, and character is a reflection of habit.”

# POWER OF JOURNALING



Journaling helps us figure out how we are feeling, what we need and how to manage. It can help us focus on the very things that support us in taking compassionate care of ourselves and others. The journaling prompts help you focus your thoughts about yourself, your feelings, and your needs during this global pandemic. Getting things off your chest and mind and onto paper can help you face what you are dealing with, and it can also provide a means of self-expression and self-awareness.

There's no one "right" way to journal. You can do it wherever you want and in whatever way you want. All you need is a piece of paper or a blank document. However, although there is no right way to journal, there is an easy way to journal...

## Write one sentence per day.

The primary advantage of journaling one sentence each day is that it makes journaling fun. It's easy to do. It's easy to feel successful. And if you feel good each time you finish journaling, then you'll keep coming back to it.

## Journaling Prompts That Make Journaling Easy

### Create a Habit Journal

Start with a section called One Line Per Day. At the top of each One Line Per Day page write a journaling prompt. Here are a few examples of journaling prompts you could use:

- What happened today? (Daily journal)
- What am I grateful for today? (Gratitude journal)
- What is my most important task today? (Productivity journal)
- How did I sleep last night? (Sleep journal)
- How do I feel today? (Mood journal)



Underneath the prompt make 31 lines. One line for each day of the month. This is where you'll write your one sentence each day.

To start your journaling habit all you have to do is write your prompt for the month and jot down a few words each day.

Once the month is complete, you can look back on 31 beautiful journal entries. The entire experience is designed to make journaling so easy that you can't help but do it each day.



# Journal prompts

1. What are 5 things you're grateful for today?
2. What's something that made you laugh recently?
3. What's something interesting you learned?
4. Make 3 small goals to achieve today
5. Name your 5 favorite people
6. What helps you feel most relaxed?
7. What was the highlight of your day yesterday?
8. Who are you most proud of?
9. What aspects of your life bring you the most happiness right now?
10. What's something you'd like to get better at?

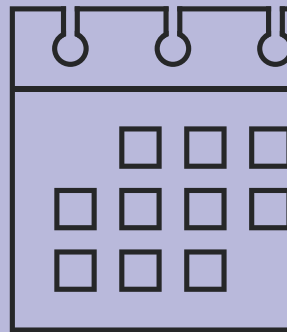
# EVENTS AND BOOK RECS

## Book recommendations-

1. Atomic Habits by James Clear
2. 101 Essays that will change the way you think, by Brianna West
3. The Mountain is You, by Brianna West

## EVENTS – JANUARY

- Wellness Week
- Nukkad Natak
- Stop The Stigma Activity
- Happiness walk



## Credits

ARTICLE 1 AND 2-COMPILED  
FROM ATOMIC HABITS

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