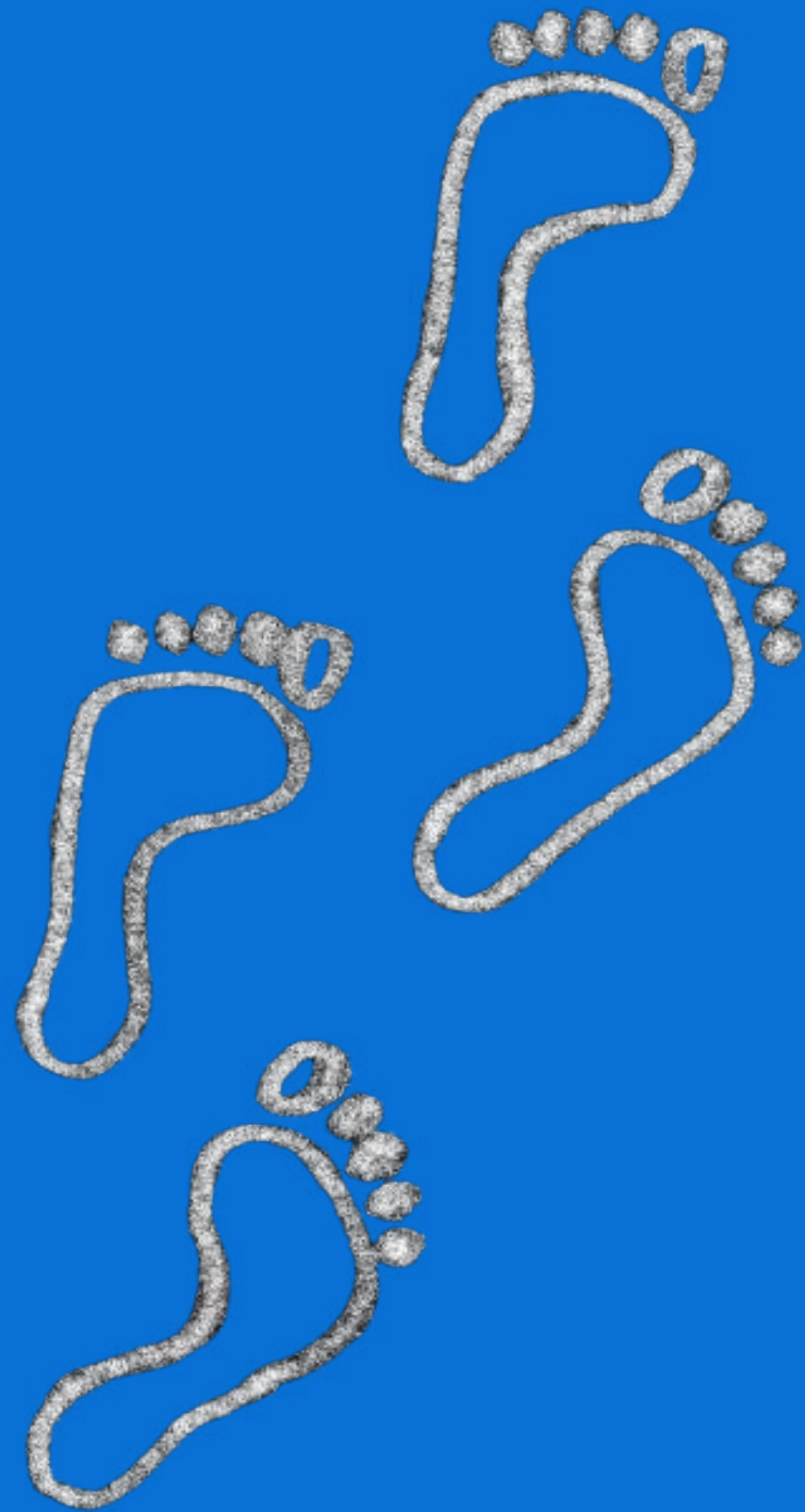


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# The Power of **Habits**

BUILDING A BETTER YOU



# OUTLINE

- Introduction- What are Habits?
- The neuroscience of habit formation
- Types of Habits
- Why Habits Matter
- Building Positive Habits
- Breaking Negative Habits
- Overcoming Common Challenges
- Habits for Personal Growth
- Case Studies and Success Stories
- Conclusion



# INTRODUCTION

## WHAT ARE HABITS?

The Power Of Habit helps you understand why habits are at the core of everything you do, how you can change them, and what impact that will have on your life, your business and society.

Habits are routines and things that we do on a regular basis, some knowingly and some unknowingly. They keep you going when you want to get things done but you are low on motivation. It's easier to do something if it's a regular habit.

# THE NEUROSCIENCE OF HABIT FORMATION

## LACING YOUR SHOES

When you first learn to tie your shoes, the attempts are quite conscious and effortful. As you practice this skill, it becomes a habit, something you can do easily and automatically, even while thinking of other things.







# THE 3-STEP LOOP OF HABIT FORMATION

This process within our brains is a three-step loop

- **The Cue**, a trigger that tells your brain to go into automatic mode and which habit to use.
- **The Routine**: which can be physical, mental or emotional.
- **The Reward**: this helps your brain figure out if this particular loop is worth remembering for the future.

Over time, this loop—cue, routine, reward; cue, routine, reward—becomes more and more automatic. The cue and reward become intertwined until a powerful sense of anticipation and craving emerges. Eventually... **a habit is born.**

# TYPES OF HABIT

While there are there are many ways to categorize habits: Habits are generally divided into two categories- Positive Habits and Negative Habits.



**Positive Habit:** is simply a habit that produces positive benefits, and attitudes you want to acquire and make a part of your life.

- Regular physical exercise
- Nutritious Diet
- Daily Reading
- Regular sleep
- Mindful meditation
- Time management
- Stress management
- Active listening
- Goal Setting

**Negative Habit:** A bad habit is a behavior pattern perceived as negative.

- Gossiping
- Too much television
- Living to impress others
- Failing to say 'no' to things you dislike
- Poor money and savings management
- Lying
- Nail-biting
- Overthinking
- Cutting corners to finish tasks early
- Making decisions while you are angry

## GOALS

Goals are desired end results. Humans rely on habits about 40% of the time, as they become subconscious due to familiar thoughts and actions.

- Goal is an end-point
- Goals are often the first tangible step toward an intangible desire (like success, wealth, health, or happiness).
- Goals rely on external motivation



## HABITS

Habits influence our automatic behavior. They either help (good habits) or make it difficult (bad habits) to reach our goals more effectively.

- Habit is a daily persistent action.
- Habits are automated actions working in the background to power our lives.
- Habits are automatic and literally rewire our brains.

# WHY HABITS MATTER



## Impact on Daily life

Habits shape routines and decision-making, focusing on time and consistency. Paying attention to habits is crucial as they are minute actions with time.

## Health and wellness

Habits impact physical and mental health through eating habits, mind-frame, and mental ability and happiness. Good nutrition leads to long life, while network and job routines determine happiness.

## Productivity and Success

Examples of Successful people who credit habits.

- i. Ibukun Awosika(First Female Chairman of First Bank): Resilience, Diligence, Saving & Investment, Delayed Gratification
- ii. Sabri-Suby(Author of Sell like Crazy): Persistence, Early work ethic and Learning.



# BUILDING POSITIVE HABITS

## Identifying Cues

What are the Triggers for habit formation?

- Priorities
- Environment: People and Geography

## Implementing routines

What are the Strategies for Incorporating Positive Habits:

- Commit to your decision
- Identify triggers and obstacles refraining you
- Create a Plan to Succeed with Failure in Mind.
- Meditate daily
- Confess what YOU want to see

## Rewards and Reinforcement

How to create a system to reinforce habits.

# BREAKING NEGATIVE HABITS

BREAKING DOWN  
THE PROCESS



## Self-awareness

A major reason to alter harmful habits is to envision the kind of life you desire to live and what you want to be known for.

## Replacement habits

- Take it off the repeat mode
- Avoid difficult people; you want to maintain a breathable atmosphere
- Enjoy the process because it definitely would take a while.

## Seek Support

- Have someone hold you accountable when breaking habits,
- Seek counsel from successful individuals.
- Use communication tools for effective habits.



TURNING **Addictive Habits**

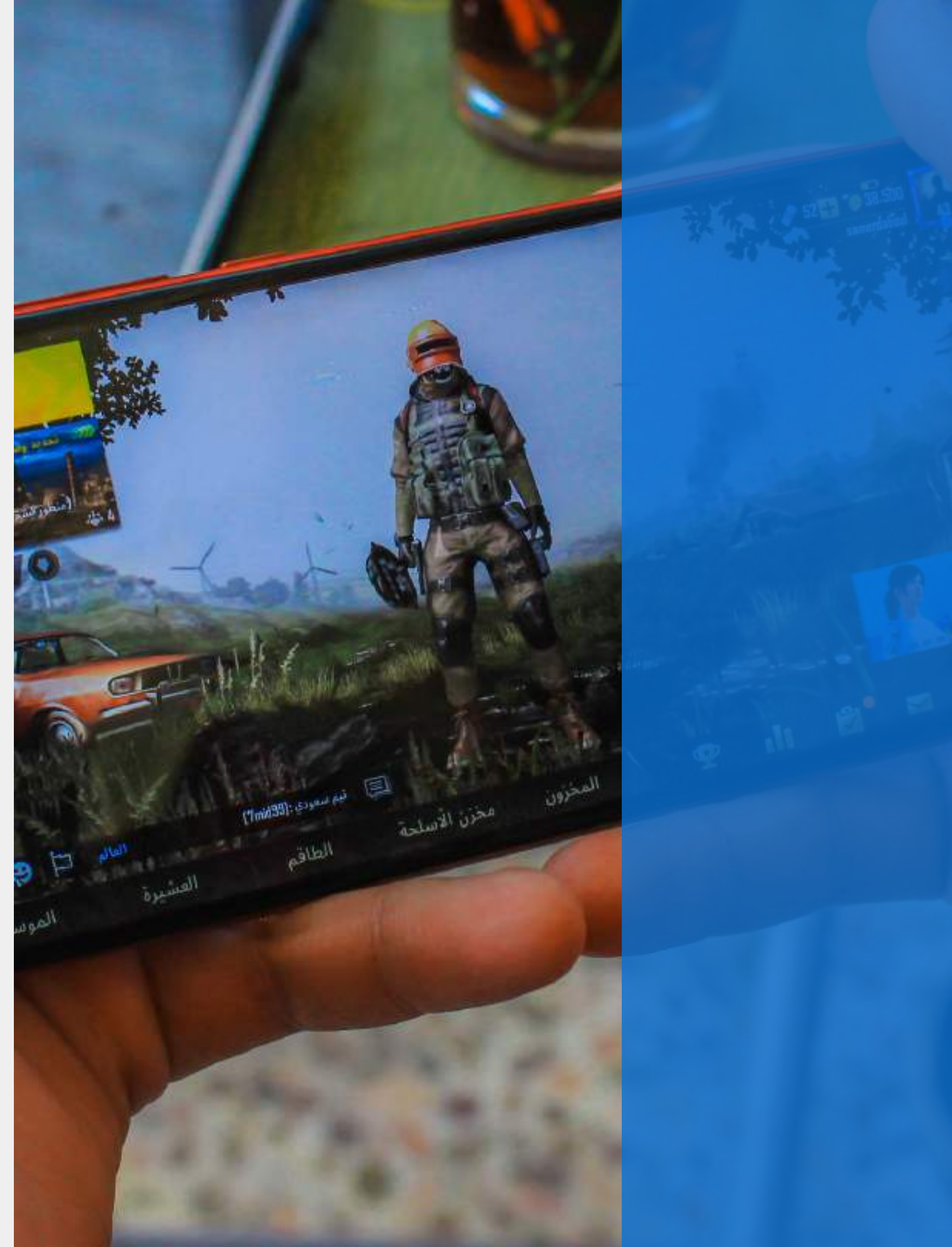
To **Productive Habits**

5 Lessons From Video Games

# WHY VIDEO GAMES ARE ADDICTIVE

## CHANNELING ADDICTION TO PRODUCTION

Video games are structured in such a way that, throughout the game, our brain consistently releases dopamine. Dopamine is associated with desire, which is why we keep seeking something.





## GAMES HAVE A CLEAR FOCUS

### Kill a dragon

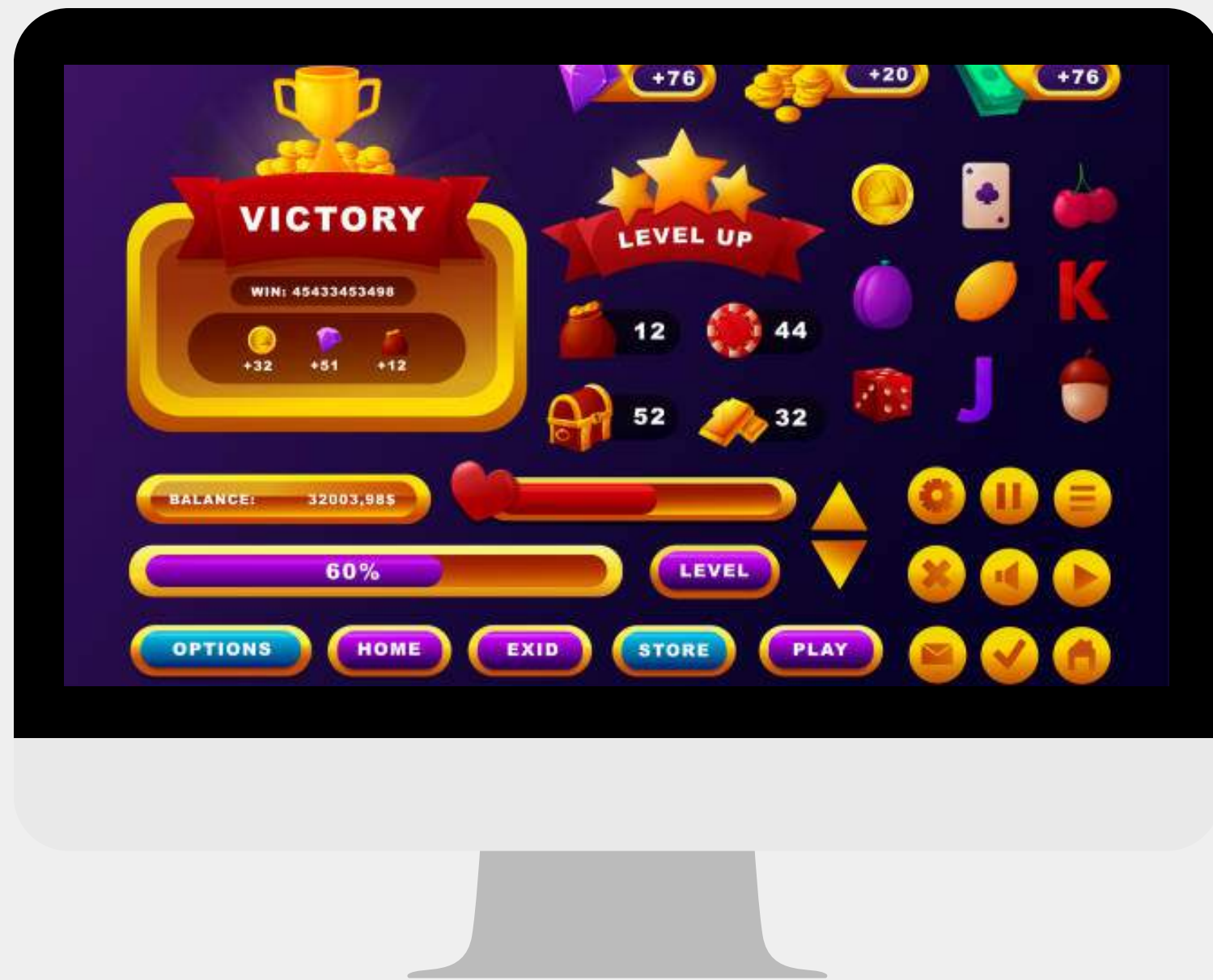
Have a clear objective to work towards and know what you should be doing at any given time. Setting directions for yourself is not the same as people set directions for you.

### Smaller subgoals called missions

This lead up to achieving the bigger objective. These smaller missions reward us, and the reward gives us **dopamine** to continue playing the game. Kickstart the accomplishment loop and do something that will lead you to your greatest objective







## PROGRESS IS VISIBLE

Progress in real life is kind of difficult because we don't measure our daily activity. Keeping a kind of activity tracker for each day enables you to know what you achieved for that day and how it relates to your long-term objective. It makes your progress, or lack of it visible.

*The mere act of tracking a behavior can spark the urge to change it- James Clear*



## GAMES REWARD YOU FOR YOUR EFFORT

03

Game rewards help you get to the next level not bring you back

Example:GTA rewards you with in-game assets, which you can use to buy other in-game equipment that will help you play better and overcome bigger challenges in the next mission.

Set rewards for yourself that keep you on the path of building better habits

Ex Going to the gym and doing intense workout and then going back home to eat a burger isn't really beneficial. But saving up money and investing it which leads to better returns so you can save more is the way to go. A runner can reward his consistency with new running shoes which makes the running even more effective.

## Variety and Novelty

Good games always have something new waiting for us. This could be new area unlocks, etc.

You don't keep getting the same rewards over and over again. Routine is good, but look for a way to add variety to it to keep the habit formation process interesting.







## GAMES KEEP YOU CHALLENGED

The challenges have to match your skills level otherwise you won't enjoy them if you keep failing over and over again.

- Challenges should be challenging enough to evoke excitement and overcome, but not too difficult that one cannot.
- Overwhelming challenges indicate a skill level above the individual, while underwhelming challenges indicate a simple task that can be completed in a shorter time.

# RECOMMENDED BOOKS TO READ

## **Atomic Habits**

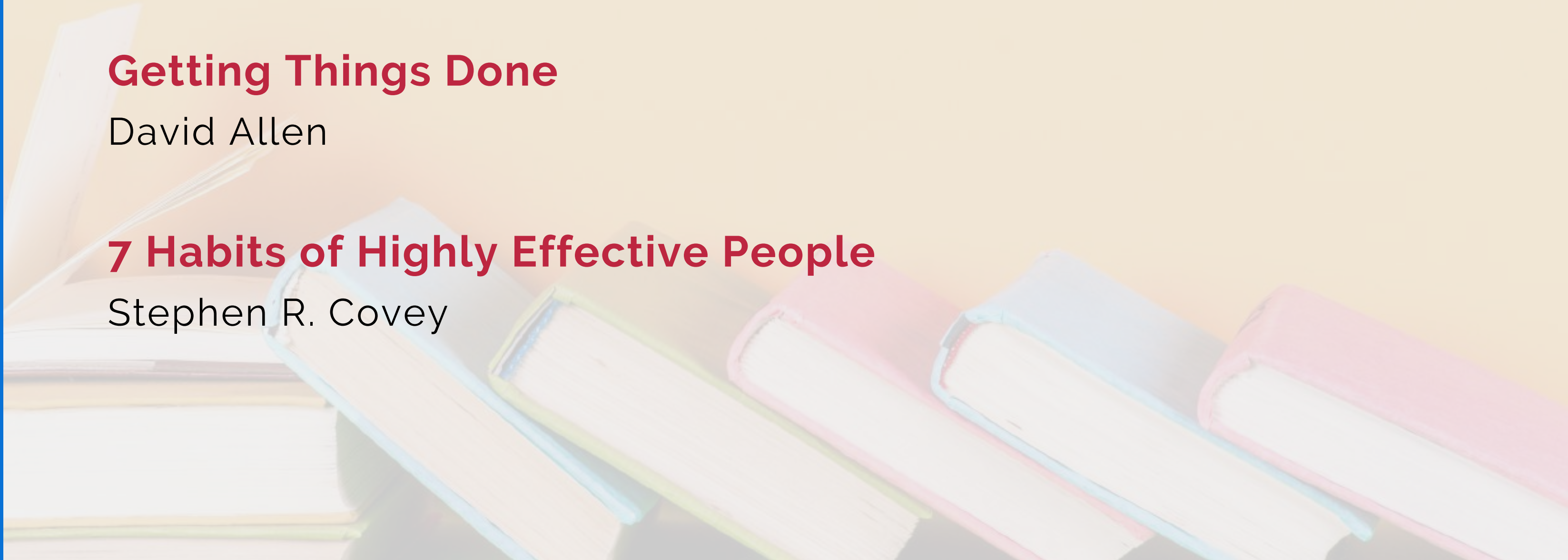
by James Clear

## **Getting Things Done**

David Allen

## **7 Habits of Highly Effective People**

Stephen R. Covey







# Thank you

FOR LISTENING

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