

Snapshots proving

The most (practical) evidence I get using habits and how to use them to change other



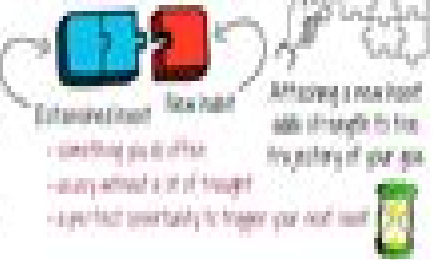
How small habits make a difference and work in my favor?



This answer 'Habit Stacking'



What is Habit Stacking?



How to Get Started

Implementation intention

introduced by Peter Gollwitzer

habit stacking using the 'If-Then' rule



In simple terms, an implementation intention is when and where you will do something. When the current habit becomes a cue to trigger a new action.

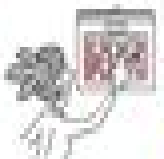
- Maria Montessori

Be realistic



Avoid the Pitfalls

Be consistent



But you need to be consistent to become habits



Benefits include

1. Smooth transitions



You can move with more intention when

1. Better success



Get results in a shorter period of time

Once you have chosen one successfully habit, you can add another one

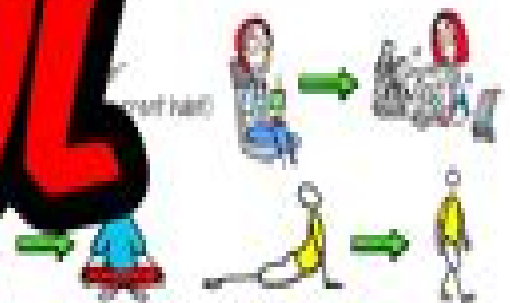


'Small habits don't add up, they compound. That's the power of atomic habits. Tiny changes. Remarkable results'

- Atomic habits by James Clear

Stacking Similar Habits

use for best results - stick with a similar type



4. Momentum to reach greater goals

By making things easier and more fun it becomes more manageable



For Beginners Habit Building

Himrod Edward Ray



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Atomic Habits for Beginners: A Simple Guide to Building Routines That Stick Rounob Chowdhury, 2025-11-15
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