

The Habit Before the Habit

This is the habit that helps you follow through with your other habits. When you make this a part of your life you'll be more consistent in putting your habits into practice. The habit before the habit is anything you do that sets you up for success. For example, if you decide to make working out in the morning a habit, the habit before the habit would be gathering your workout clothes and sneakers the night before and putting them somewhere that is easily visible and accessible so that you get dressed as soon as you wake up in the morning. This removes resistance, moves you towards positive action, and creates momentum. Once you get dressed it will be harder to say, "I don't think I'm going to work out today," or "I have so much else to do, I'll just work out later." You will already have made a minor commitment that leads you towards the bigger commitment of working out. You can do this for any habit.

Here's another example. If you want to make reading a habit before bed, simply putting the book on your nightstand means that you'll be more likely to read the book each night. If you want to eat more healthy whole

foods, food prepping on a Sunday or the night before and having the food ready in the refrigerator will make you more likely to engage in the habit of healthy eating instead of making bad choices because you're starving. Or perhaps you want to build stronger relationships with your team or customers and decide that you'll send a video message to three of them each day. The habit before the habit would be making a list of the people you will communicate with that week and that day and having it readily visible. This will make it easier and more likely that you'll take action even when you get busy and bombarded with distractions.

As you read this book and learn about the various habits you can implement, I encourage you to think about what simple habit before the habit will help you make the habit a part of your life. When you do this, you create more flow instead of resistance.