

SCHOOL DISTRICT OF BELOIT BLOG

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January 2021 – [Let's Talk Habits](#)

From the moment you wake up in the morning to the moment you go to bed, you've done hundreds of habits. Let's be honest, routines are great and are needed, but there might be some negative habits that have been sprinkled in throughout the day that you don't even realize.

[Atomic Habits](#) by James Clear is a book I highly recommend. It's an easy and practical book that can help you identify good and negative habits.

One of the things Clear recommends is to make a list of everything you do in the morning when you wake up and put a "+" next to good habits, "-" next to negative habits, and "=" next to the neutral ones.

Next, make a list of everything you do when you get home from work and do the same thing with the +, -, and, = signs.

Everyone's lists of negative and good habits are going to differ, and that's okay! This list helps you become aware of your habits because once they become automatic, we stop paying attention to what we are doing.

On page 74 of the book, Clear suggests "Habit Stacking," which pairs your new habit with a current habit. He explains the process like this, after (*CURRENT HABIT*), I will (*NEW HABIT*). Here's an example he gives, "After I take off my work shoes, I will immediately change into my workout clothes."

But these 'Habit Stacking' suggestions don't have to be fitness driven either; maybe one thing you want to get better at is reading. A habit that I have formed in the past year looks like this: "After I feed my pets their breakfast, I will sit down to read my Bible." It takes practice, but after a while – it's your new routine and habit!

This pandemic has changed much of our daily routine, and our habits from January 2020 probably look different in January 2021. They could be good changes or not-so-good ones. The best place to start is to write it all down – and pick one small change a week and go from there! Too many times, people start the New Year with drastic new year's resolutions that they can't keep.

So, I encourage you to break it down into bite-size changes and tackle one thing at a time.