

EFFECTIVE 5-STEP METHOD TO CRACK YOUR
BAD HABIT AND REMOVE IT.

CRACK BAD HABIT OUT



FIGURE OUT THE SCIENTIFIC ALGORITHM OF YOUR HABIT AND
CRACK IN TO MANIPULATE IT TO GET RID OF YOUR BAD HABIT.

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In a Nutshell
How to Break A Bad Habit

Starting Out

"We are what we repeatedly do. Excellence, then, is not an act but a habit."

- WILL DURANT

Habits are subconscious or absentminded choices; your choices decide your character, and habits represent you. That is the reason your past and present habits determine the person you are right now. It defines that if you have the habits of a successful person, you will be successful. But if you have the habits of a loser, you will be a loser. Who likes to be a loser? No one. Who wants to get rid of loser habits? People who are aware of this fact.

Many people try to get rid of poor habits, but how many do succeed? An FDA study shows that 55% of adult smokers attempted to quit smoking in 2018, but only 8% were able to quit smoking. A small percentage of people were able to break their habits, and stats are similar in bad habits like drinking, binge eating, and porn addiction. On average, roughly 80% of people fail to break their habits, and 20% succeed.

What is the key to the success of that 20%? Why do 80% of people fail to break their bad habits? How are 20% of people able to break their bad habits? Most importantly, what can you do to not fall into that 80% of people?

Unfortunately, there is not a straightforward answer to it. But something in common can be seen among the people who have

succeeded. They are disciplined and dedicated. Other than that, a pattern was noticed, which is approved by science. Before we study that pattern, you should show that you are serious with yourself by disciplining yourself to take action against harmful habits. Actions that this book will teach you at each step to break your bad habit with the least resistance.

Who Should Read This Book

This book is written for a person who is serious about himself and is willing to take action to improve his life and become a better version of himself. It's for the people who feel the need to change themselves to live a more healthy and desired lifestyle by breaking their harmful habits with discipline and dedication.

This book is just knowledge. You are the one who will change your life with the help of this knowledge. This book will set your mindset correctly to end your journey with health habits.

This book will act as a step-by-step guide to breaking harmful habits and replacing them with ones that benefit you.

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Your Mindset

Getting rid of harmful habits isn't an easy task. It takes time and discipline, so it is essential to have a strong mindset that keeps you on track. You can easily give up and stay in the habit if you don't have a good mindset.

Suppose you have a bad habit of eating sugar or candies. The more you resist it, the more you will eat. It's a fact that it happens with even more force when you resist something. It's scientifically valid, and [this 2008 research](#) proves it. Maybe put notes on your wall saying big and bold "**NO CHOCOLATE,**" and you will still manage to eat it. You will feel good for a little bit. Then you will feel terrible about yourself, which will repeatedly happen.

Why? Because you stop yourself from the habit instead of stopping the habit itself. You have to change this mindset and take control of your habit with patience. **How?** We will talk about it soon.

You should have long-term thinking to read and get the most out of this book, especially for habits that are addictive, such as smoking and drinking. It is impossible to break a behavior you have been doing for a long time in just a week or so.

Having a long-term mindset means working hard today for results in the future. People with a long-term mindset work even when they see no results, believing they will get results in the future. Having this mindset while working on breaking a harmful habit helps you not leave in the middle of the way.

A short-term mindset can hurt you and cause you to struggle more. A short-term mindset looks for results in a short time, and not receiving results in a short time can put one off track and indulge in the habit again. Just remember, no good thing in the world is easy to achieve. All significant results lie in the far future only if you start today. You must go through hardships today to improve the life of the "future you."

Apply the knowledge in this book to your life, keeping a long-term mindset. Keep reminding yourself of your future self. He will thank you for this.

How This Book Will Carry You Through

This book will be a step-by-step guide to breaking a harmful habit and replacing it with a good habit in the most efficient way. These steps work by cracking the scientific method of habit's working.

The book will use the Pareto principle to make you achieve your goal most efficiently. The Pareto principle is also known as the 80/20 rule. It is a theory that maintains that *80% of the output from a given situation or system is determined by 20% of input.*

According to this, only 20% of actions will make you progress 80%, and the remaining 80% of actions will just contribute 20%. This book Mostly focuses on the 20% of actions that will affect the progress most and make the procedure most efficient.

This book teaches a five-step method to get rid of poor habits. Each step is broken down finely, and each stage has an

actionable exercise to which you can take action immediately. This way, you will be reading + taking action, which increases the method's efficiency by putting you in it. A pen and paper will help along the journey.

Every year a Youtuber blows up on the internet, and it is said that he cracked the algorithm. It means he figured out how youtube works, and he used it in his favor to get viral. We are going to do something similar. We will dive into the algorithm of habits by briefly studying how habits work and then crack it to eliminate habits we don't like.

Our habit is like a formula your brain follows subconsciously. We are going to recognize that formula and make a new similar formula with the habit we want and give it to the brain to follow. How? We will talk about it later.

From here, we will study how habits work in short words.

How Long Does it Take to Break a Habit?

Busting a myth here; most of us have heard that we can build or break a habit in 21 days. Most people imagine they can get rid of a habit they have had for years in just a week or so. It's sometimes the main reason they fail to get rid of it.

It is indeed possible to break a habit in 21 days, but the amount of time highly depends upon the type of habit you have. You can break a habit even in 18 days; for some habits, you will require 180 days too. Suppose you have been smoking for ten years daily. You smoked multiple cigarettes in 3650 days regularly. You can't

expect yourself to get rid of it suddenly one day. It will take time and patience.

It can take 18 to 254 days to break or change a habit. The key is to focus on your progress rather than the number of days. If you start today, tomorrow you will progress and even more after tomorrow, becoming better and better than today. That is what only matters. In other words, If you today are better than yesterday, that is what matters the most. You have to continue it.

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How Habits Work

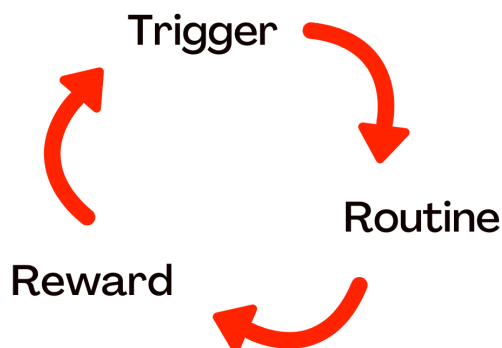
Individuals and habits are all different. The structure of habits for everyone is different. To crack and change or break your habit, you have to understand your habit's structure and how it works.

Giving up smoking and breaking the habit of overeating are both different. The procedure to get out of both is different. You must identify the components and structure of your habit to work your way out of that habit.

There are both simple and complex habits. (For example, addictive habits are primarily complex). Every habit, whether complex or simple, works in a loop of 3 components. You have to identify these components for your habit. We are about to discuss it below.

Components of Habit

Mainly, there are three components of a habit, Trigger, Routine, and Reward. These three components are a must for all habits, and habits are based upon them. Habitual behavior starts with the trigger, ends with the reward, and loops.



There is another component called Cravings. It exists between trigger and routine. It is what drives you from trigger to

routine. More on it later. Let's study each component individually.

1. Trigger

The trigger or cue is something that fires up your habitual behavior. It triggers you to perform the act that, in this case, you want to avoid. Triggers are of both simple and complex types. Simple triggers are easy to identify, whereas complex ones are hidden and harder to identify.

Different habits have different triggers, and different individuals have different triggers for their habits. Two people can have the same habit but different triggers. You must identify the trigger of the habit you are trying to break.

A trigger can be a sound, action, ending, or starting of an event or any daily event in routine. A complex trigger can be a feeling or things like stress. For example, many people get triggered to smoke when stressed or tired. For many people, an alarm sound works as a trigger to wake them up early as a habit. For people who overeat, sometimes depression plays the role of the trigger, and sometimes it's just them watching a movie while eating; it highly varies.

Identifying the trigger of a complex habit can be tricky. So, take your time. Observe yourself and start writing things you observe to be or might be triggering your behavior. Write them down on preferably paper with a pen; It will come into use later. Write as many triggers as you can identify; we will optimize them later. We will talk in detail about it soon.

2. Routine

The routine is the habitual action you perform after getting triggered. For smokers, it's smoking; for overeaters, it's overeating.

If we assume a smoking habit, it can be smoking a cigarette after a stressful day where stress is acting as a trigger. Eating unhealthy habits can be eating chocolate or candy after feeling hungry.

Routine is the most apparent component to recognize; it is the behavior you want to change. Write it down on the page along with the triggers. We will do experiments by changing your routines later.

3. Reward

The reward is the component of habit that causes it to happen repeatedly. The reward is what you get as a result of the routine. You get the trigger; you **crave** the reward; you go through the routine and get the reward.

The reward can also be both simple and complex. Some rewards are apparent, like the sweet flavor of candy, and some are complex, like satisfaction or dopamine release in the brain.

Identification of reward is crucial to break the algorithm of habit. One habit can have different rewards. You must observe and identify which reward you crave and go through the routine. Someone with the same habit may have a different reward than you. So, don't look at the internet for the answer; observe

yourself for a period to determine what you crave. *What do you get by going through the routine?*

Suppose you have a smoking habit. The rewards for your habit can be a fulfilling feeling of tobacco addiction, a small high after smoking, the nicotine causing an adrenaline release in your brain, or looking cool with smoke, similarly, If you have the terrible habit of eating unhealthy sweets. In that case, your rewards can be the sweet taste of chocolate or the fulfillment of hunger. Suppose you perform the habit at a specific place, during or after a particular event or time. In that case, your reward can vary with them. Many people eat sweets when they go to the cafeteria at work; their reward can be socializing, roaming a bit, or a break from work.

Just have an understanding of what reward is. We will talk more about it later in steps.

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Step-by-Step Guide to Breaking Habits

Step - 1:

Getting Your "Why" Done

How We Do Anything

Before starting anything in your life, you should be clear about its what, why, and how. It is also called the what-why-how framework in business. The purpose of using it in this step-by-step guide is to clarify your goal; this will help in the long run.

We start by questioning ourselves. Starting with “What”;

Question: *What do I want to do or achieve?*

In your case, it is already clear that you want to eliminate or replace a bad habit.

Answer: *I want to quit _____. (Example: overeating, smoking, binge-watching TV)*

Progressing toward the next question, which is going to be "Why." The answer to this question will help you all along the

journey. It will give you a solid reason to do what you will do. You already know the answer; you must get it on paper.

Moving toward the following point to study the “why.”

The “Why”

Question: *Why do I want to break the habit of _____? OR Why do I want to quit _____?*

Now, as an answer, you have to provide reasons why you want to break this habit. You should be clear about why you will eliminate something from your life. It is a very crucial part.

The fact that you are reading this book proves that you are serious and already know why you want to get rid of this habit. You just have to optimize it so this "why" gives you a clear direction, drives you through the procedure, and helps you stay motivated.

Reasons for giving up a bad habit can be the benefits of getting rid of it and the disadvantages of keeping that habit. What do you want to achieve by getting rid of late sleeping? You want to be more productive or more robust. All of these go into the reason why. Give as many reasons as possible, and write them down to memorize them.

Writing Things Down

Writing things down doesn't just help you remember them; it makes your mind more efficient by allowing you to focus on what is truly important. And why you want to break the habit qualifies for the truly important stuff. Writing your "why" on paper will help you to focus on breaking the habit and put you on track to achieve it.

This [“paper notebook vs. mobile device” study](#) shows that writing things down physically on paper is associated with robust brain activation in multiple areas and better memory recall.

Take a blank paper and a pen and start writing down all the reasons. Write them in the form, “I want to quit my habit because _____.”

Suppose that you are a smoker; your “why” will be;

Question: *Why do I want to quit smoking?*

Your answer should be in the form of a list. Give the page a big and bold heading, “**I am quitting smoking because,**” and mention all the reasons below, like;

Answer:

- *I want to quit smoking because I want healthy lungs.*
- *I want to quit smoking because I want to save money.*

- *I want to quit smoking because I want others around me to be healthy.*
- *I want to quit smoking because I don't want cancer.*
- *I want to quit smoking because tobacco solves nothing.*
- *I want to quit smoking because I don't want to stink.*
-

Just like that, write even the small stuff you desire as a result of giving up your habit.

Setting Up Goals

Like you set goals for everything you want to achieve in your life. You have to set a goal to achieve freedom from this habit too. It should be among your primary objectives.

Brain Tracy said in his book, “a goal, when not written down, is like cigarette smoke. It drifts away and disappears.”

Something physically existing holds more significance to our brains. Writing your goals down transfers them from your thoughts to paper, Which makes them exist in the physical world. It helps you to align your focus towards your goal and allows you to propagate towards it with minor distractions. It is noted that only 3% of people write down their goals, and this 3% earn more than 97% of people.

Take a clean paper and write down your goal in clear words. Just like, "I will get rid of my smoking habit." And paste it on your table. It won't directly help you to break your habit, but it will

help you not to forget your goal, which will keep you working on your habit and eventually getting rid of it.

Actionable Exercise

- Ask yourself the question of "why." Determine why you want to get rid of the habit.
- Take a paper and list down all the reasons to break your habit.
- Set breaking that habit as your goal and write it down on paper.
- Paste that page on your desk, door, wall, or anywhere you will see it frequently.

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Step - 2:

identify Your Reward

What Reward Does

Reward holds power because it satisfies the cravings produced after the trigger. The reward is what habit depends upon. You go through your routine to get the reward. All that is just for reward, and if you don't get the reward, you won't stop craving until you get the reward you crave.

After being such an essential part of the habit, the reward is sometimes challenging to recognize. Sometimes, your reward is not what you think. There can be 100s of rewards for a habit, but which one of them you crave is a question you have to find an answer to.

If identified wrong, you will never be able to break through the habit. So, How do you determine your reward accurately? Which one among all those triggers?

Which One?

You have to figure out which reward you are craving. How? You have to identify all the possible rewards there can be of your routine. Here you will have to study routine and keep all the aspects of your routine in mind.

What's the time of routine? Who are you with? What place is it? What is your mood? What is the trigger? Keeping all these things in mind, write down all the possible rewards of routine in each aspect.

For example, I had a bad habit of drinking too many energy drinks. I used to drink it any time of work, alone or with someone, at my desk and mainly in the mood for productive work. The possible rewards of my drinking were

- The energy boost from caffeine helping me to work.
- The sugary taste of energy drinks.
- The good feeling of drinking while working.
- The cool feeling of having a fantastic energy drink bottle on the desk.

Make a list of rewards out of your observation. This observation will come in handy as we proceed.

Figuring Out

Now that you have your list of rewards. You have to identify that one reward driving you to repeat your habit. All those rewards

you wrote down were essential because we will start experimenting with each reward individually to find the reward that satisfies you.

How will you test each reward?

Remember that different routines have different rewards. We will try our Habits by changing the routines and isolating one reward at a time.

Make another list of routines that satisfy only one reward at a time from that list. You should assign every reward on your list one healthy routine that satisfies its cravings.

You will carry out a routine from the list whenever you get triggered. If the changed routine doesn't satisfy your craving, that means the reward associated with that routine is not the one you crave, and if it satisfies you, the reward it was assigned is the reward of your habit. Sounds complicated? The next point will explain it.

During this time, don't force yourself to avoid the habit. Think about yourself as a scientist in his observational phase; go through the habit while observing and writing observations down.

Experimentation

The experimental phase starts. See yourself as a scientist and your habit as a lab rat. You are going to test different medicines

on the rat. You will try different routines with different rewards for the same habit.

Find out routines that fulfill only one of the rewards on your list at a time. For ease of use, make a table and state your rewards and routines with each other. Make it a 3 column table, just like in the example below.

For example,

REWARDS	ROUTINES	CRAVINGS SATISFIED? (Y/N)

This way, you will be able to keep track of your observations.

Fill out the table with rewards and Routines, and follow these few steps to carry out your experiment.

1. After your habit gets triggered, follow one of the routines from the table.
2. After 15 minutes of you ending the routine, observe yourself for cravings.
3. If you still have cravings and want to repeat the same old routine, mark "NO" on the table.
4. If you don't feel cravings and don't feel the urge to repeat the old routine, mark "YES" on the table.

All the NOs marked on the table show the rewards you don't crave, and YES(s) show the reward(s) you crave and is the actual reward for your habit.

By experimenting with different rewards like this, you can isolate what you are craving, which is essential to crack into and redesign your habit.

My Example

As I told you, I had a bad habit of drinking energy drinks during work. I experimented with different rewards and routines to find out my cravings. Here is how my table looked

REWARDS	ROUTINES	CRAVINGS SATISFIED? (y/n)
Caffeine from Energy Drinks	Drinking Gfuel or any sugar-free caffeinated product	YES
Sugar from Energy Drinks	Drinking any soda with sugar, like coke	NO
A boost in energy and getting rid of laziness	Drinking coffee or tea	YES
The cool-looking bottle on the table	Drinking sparkling water from a cool-looking bottle	NO

I went through all the routines and marked stuff on my table. Found out that the reward for my habit wasn't the taste of drink or sugar. It wasn't even a caffeine addiction. Exactly not what I thought it was.

It was just that initial boost it gave me to jump on my desk and start working on getting over laziness, which craving was fulfilled by drinking coffee or tea to get over my sleepiness and laziness.

PROVEN REWARD	Get over laziness or sleepiness and start working.
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Actionable Exercise

- Make a list of possible rewards of your current routine.
- Determine a different routine satisfying the craving for all rewards you listed individually.
- Make a table and fill it out with the lists.
- Experiment with all rewards and mark out the table.
- Write down the proven reward of your habit aside.

Step - 3:

Grab Your Trigger

Why it is Hard to Identify Trigger

Have you ever gone to drop kids at school and absentmindedly started to take the route to work? It often happens to me and used to happen with my dad when he used to drop me off. Taking a way to work is a habit, but what triggers that habit while dropping kids?

Is it the time, is it any thought, is it a particular tree, or is it a specific area? You can take your time to identify what triggers that routine of *going to work* instead of *going to school*, but most likely, you will end with a very vague trigger. Most of the time, it will be what you expect it to be rather than what it is.

Why is that? According to science, our brains can't process too much information simultaneously. In this case, there is much information to handle while observing. You don't know what to focus on specifically to identify triggers. So you are concentrating on the whole scene at once, which can easily overwhelm your brain. Less organization of information can cause you to miss the actual trigger. It also causes irritation and confusion.

Having a vague trigger can become a hurdle in breaking your habit. It will make an addition to your struggle against the habit. So, it is essential to identify a solid trigger from solid observation, but how?

We are going to talk about this in our next point.

How to Make it Easy

The answer is not that hard. Despite the noise, you can recognize your trigger by reducing the amount of information you are observing at a time. Organize the information you are getting into categories and study each category individually.

Organizing the information will help you analyze it better and quickly get to the accurate trigger. It sounds complex and a lot of work, but it isn't much of a struggle. It is much easier than guessing the trigger with a mountain of information confusing you. The next point explains it more.

Observational Experiment

So, what precisely should we be observing for the trigger? Fortunately, scientific experimentations show that almost all habitual triggers fall into these five categories;

1. Location
2. Time
3. Event

4. Emotional state
5. People around you

The experiment shows that almost every habit is triggered by one of the above five. These are the five categories we are going to observe for the trigger. How?

Again, you have to become a scientist and notice the behavior of your lab rat(habit). As the urges hit you next time, write down answers to these five questions on your phone or a paper.

Questions

1. Where am I? (Location)
2. What time is it? (Time)
3. What action or event just happened before urges? (Event)
4. What am I feeling? (Emotional state)
5. Who am I with? (People around you)

Here are your five categories; the answer to these five questions is your observation and the information you need. These are the only things you will focus on.

You have to do this for 3 - 6 days. Name every observation you write, like observation #1 and observation #2. It will help you organize your data and study it without confusion.

After three days, study your observation. Look for a common answer in all observations. One of all five categories will have a similar or the same answer in all observations. Mark that out; it is your trigger. My example will help you understand it better.

My Example

I went with the same approach while identifying the trigger of my energy drink-abusing habit. Whenever I craved energy drinks, I wrote down answers to these five questions. I made three observations in three days, which gave me enough information to identify triggers. My observations looked like this;

Observation #1

#	Question	Answer
1	Where am I?	On desk
2	What time is it?	10:34 AM
3	What is happening or what happened?	Just Started Working
4	How am I feeling?	No Motivation
5	Who am I with?	No One

Observation #2

#	Question	Answer
1	Where am I?	Beside my desk
2	What time is it?	3:47 PM
3	What is happening or what happened?	Break Ended

4	How am I feeling?	No Motivation and Tired
5	Who am I with?	Friend on Call

Observation #3

#	Question	Answer
1	Where am I?	On desk
2	What time is it?	8:12 AM
3	What is happening or what happened?	I just sat on the desk
4	How am I feeling?	Want to sleep
5	Who am I with?	No one

What could be the trigger of my habit here? Also, consider its reward is getting over laziness and starting work, as we find out in the previous step.

What is common in observations? Isn't that obvious with the help of organized information? Yeah, you guessed it. Feeling laziness and low motivation in my workspace triggered my habit of drinking energy drinks to boost energy and start working.

Trigger	Low motivation and laziness around or at my workspace while I have to work.
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Actionable Exercise

- Set yourself up to observe only five things (Location, time, event, people around you, and emotional state) when you get cravings.
- Ask yourself the [five questions](#) as you start to crave, and write the answers down as the observation.
- Make observations every time you crave for the next several days, and name each observation distinctively.
- Find out what's common in observations and aligns with reward. Write it down as the trigger of your habit.

Step - 4:

Replace Routine

Time to Crack

In all previous steps, you have been taught to identify components of your habit. Once you figure out the habit loop, identify the trigger, routine, and reward you crave. You understand the algorithm. Now, it's time to crack your habit.

We will not remove or eliminate the bad habit; instead, we will replace the bad habit with a better one that satisfies your craving for the same reward.

You must choose a better healthy routine that provides the same reward you crave and replace it with your current habit. **How do we replace the routine?** Let's now study how you should do it with a plan.

Implementation Intention

The habit is like a formula that our brain follows. When our brain sees TRIGGER, it urges us to go through ROUTINE to get the REWARD.

Habit is a choice that we make deliberately without thinking, it gets fed into our brain as a formula, and we make the same choice repeatedly without thinking.

To re-wire that formula, we have to make that choice again. Taking a choice means going through a different routine after the habit gets triggered. What is the easiest and most effective way to do that?

Many studies show that the easiest way to achieve that is by having a plan. These plans are called implementation intentions in psychological terms. A plan is crucial, so let's study how we make one.

Plan it Out

So, how do we plan? The plan starts with the trigger. As you get the trigger, you will choose to do the new replaced routine instead of the old harmful routine and get the same reward. State your trigger, the new routine, and reward clearly for it.

For example, suppose you have a smoking habit. You identify your reward to be nicotine, and the habit gets triggered when you see a smoking-related thing such as a cigarette pack, cigarette, or smoke.

(This is just an example, it may not work for you)

Trigger	Old Routine	Reward
Seeing a Cigarette pack or someone smoking.	Smoking Cigarette	Nicotine

Replace the old routine with the new and better routine with the same reward. In this case, nicotine pouches or inhalers are less harmful and a better option than cigarettes. Your breath doesn't stink, you don't get cancer, you need it in less quantity, and you are smoke-free. Your new habit loop will look like this;

Trigger	Replaced Routine	Reward
Seeing a Cigarette pack or someone smoking.	Nicotine Pouches or Inhaler	Nicotine

After the precise definition of your components, your plan should be.

"Whenever I see someone smoking and get triggered, I will use a nicotine pouch."

Here you get your implementation intention plan. You must keep this plan in mind. Write this sentence down on paper so it can get fed into your subconscious, and paste the paper where you can see it repeatedly.

My Example

For my energy drink-abusing habit, I did the same. I defined my old components and new components.

Trigger	Old Routine	Reward
Laziness starting work	Drinking energy drink	Getting over laziness

Trigger	Replaced Routine	Reward
Laziness starting work	Taking tea	Getting over laziness

After defining my habit loop, I described my plan;

"Every day when starting work, I will take a cup of tea to get me going."

In the next step, we will study how to carry out this plan.

Actionable Exercise

- Define the habit loop components that you identified
- Choose a better routine that offers the reward that you crave.
- Define a new habit loop with the new routine.
- Formulate your plan to choose that new routine every time the habit gets triggered
- Write the plan down as a sentence and paste it somewhere you will see it frequently.

Step - 5:

Become Self-Disciplined

Stick with the Plan

Congratulations! After following the previous four steps, you must have a plan now. You cracked the algorithm and built a blueprint. Following this blueprint will get you out of your harming habit.

After getting your plan, the most crucial part is to stick with it. The thing that matters the most is consistency, how consistently you follow the plan. As we discussed at the start, having a long-term mindset helps with consistency, and it's time to use that mindset and stay consistent with your plan.

Now you recognize the trigger and know what routine you must follow. As you happen to come through the trigger, initiate your routine.

What will it do?

This behavior of carrying out routine will slowly develop into a habit. Soon, you will start to do your new healthy routine

unconsciously instead of the old harmful routine as the habit gets triggered.

It doesn't work Immediately.

This method doesn't ensure that you will stop craving the old habit entirely and follow the new one as you get your blueprint down. It can be true for some habits, but remember that the old harmful habit is fed into your brain, and your brain will take its time to change the feedings and feed your new blueprint. Feeding a new blueprint has a requirement, consistency.

You will have to be self-disciplined. You must discipline yourself to follow the new routine as cravings hit, whether you feel like it or not.

Your old habit is easy to follow, and the new one you made is hard to follow as it is not fed in yet. Every time you will get cravings, your mind will force the old blueprint, and you will want to smoke or eat more again, but you should be disciplined enough to do what is necessary than what is easy.

Like all the other good things in the world, breaking a bad habit and improving your life is not easy. It's a jagged path, and it will demotivate you. It is where you will need the discipline to carry you, remembering that good things lie in the future. The discipline itself is hard, but I promise it will only get easier as you gradually develop the new routine in your habit.

You will Relapse

You will fail; everyone does fail. We are not always present-minded about a thing, and you will not be available 100% of the time to think and look for triggers. It will result in you getting engaged in your old routine, and as it gets involved, your consciousness ignores all the blueprints you made.

It will happen sometime. What is more important is how you deal with it.

How do you deal with relapse?

A relapse is a new record. The relapse doesn't matter. What matters is how many days you didn't relapse. Now you must be more disciplined and break your record by going more days without relapse. For some easy habits, relapse is rare, but for some hard-to-break habits, it will take a bit of time, but soon you will forget that any blueprint or plan even exists. It will just get on autopilot.

What matters the most is how much progress you made. If you are better than yesterday, that is what matters. Don't degrade yourself for relapse; cheer yourself up for all the days you were disciplined and followed the blueprint.

Very important that you don't take the relapse as an absolute failure and a reason to repeat the old habit. As soon as you realize relapse, get back on your line and get disciplined.

Relapse doesn't mean progress is lost; it means a new record is made, and you are responsible for beating it.

Actionable Exercise

- Start following the plan or blueprint.
- Stay disciplined, follow the plan even when you don't feel like it, and mentally prepare for the long run.

In a Nutshell

How to Break A Bad Habit

Step #1

Decide why you want to eliminate this habit and set a goal for it.

Step #2

Identify the reward of habit by experimenting with different routines.

Step #3

Identify your trigger by observing specific categories and organizing information.

Step #4

Make a plan to replace the harmful routine with a healthy routine having the same reward.

Step #5

Discipline yourself to follow the plan every time a habit gets triggered, even if you don't want to follow it at the time.

Remember

Many people get demotivated and quit in between because of inconvenience at the start. You don't take bumps on the road as a sign that you are headed in the wrong direction. There are requirements for every journey worth taking.

BEST OF LUCK