

How to build a learning habit

STEP-BY-STEP CHECKLIST

- ✓ Read the habit building guide
- Define your tiny learning habit
- Choose a reward or celebration
- Track your progress over the week
- Adapt your habit or triggers



My tiny learning habit is:

Ex.: "After I turn on the kettle in the morning, I will watch a TED talk."; "After I start the dishwasher, I will read two headlines in a Japanese crocheting magazine."

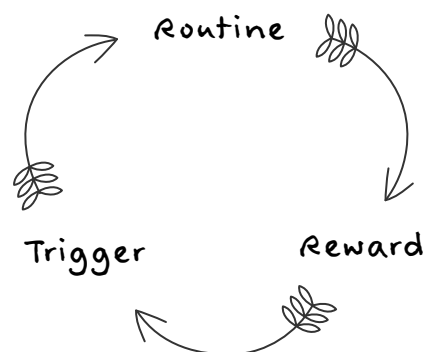
After...

I will...

I will reward myself with:

Ex.: "I'll whistle the tune of Eye of the Tiger." ; "I'll eat my favourite healthy snack."

Weekly streak calendar



Can't get a higher streak than four days in a row?

Rethink your habit. Is it really easy to perform? Does it take less than 30 seconds?

Change your trigger. It has to be something you do every day, like waking up, eating breakfast, walking the dog...