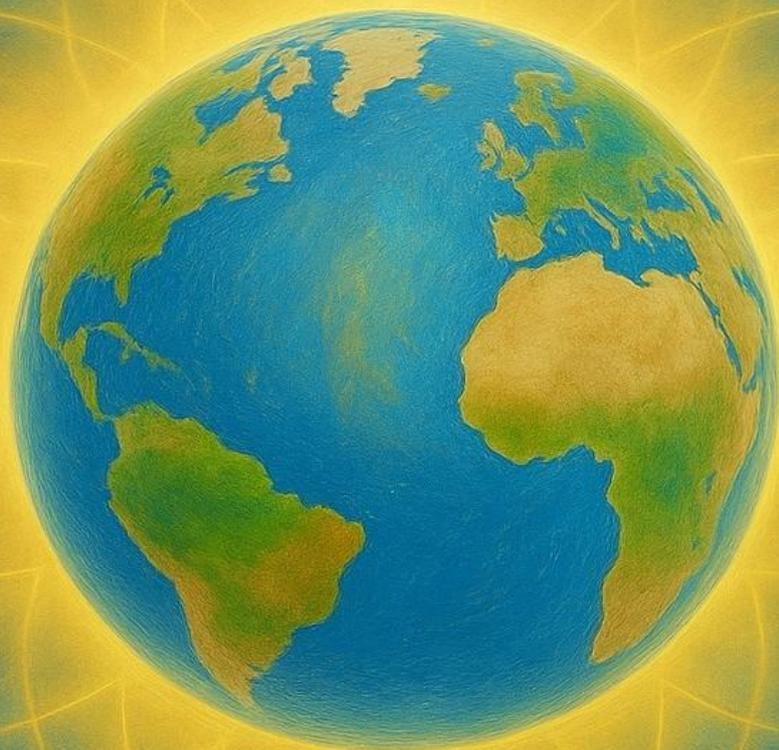


THE WORLD PLATFORM



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Habits: The Good, The Bad and the Ugly and the Frequency they create

How do we create a Habit?

A habit is formed with these **3 key elements:**

1. The **Trigger** (= Cue)
2. The **Routine** (= Behavior)
3. The **Reward** (= Result)

This is what we call **The Habit Loop**.

When this loop repeats consistently, our brain starts running it automatically.



1. The **Signal** to act: The Trigger is what tells our brain to start the habit. It can be internal or external.
2. The **Action** we take: The Behavior is the actual habit, the action we perform after the Trigger.
3. **Why** our brain wants to repeat it: The Reward is what teaches our brain that the Behavior is worth remembering.

Rewards can be:

- 👁 **Physical:** energy, relaxation, pleasure
- 👁 **Emotional:** satisfaction, pride, relief
- 👁 **Mental:** clarity, focus, reduced anxiety

How the Habit becomes automatic

With repetition:

1. The Trigger creates a **Craving**
2. The brain starts anticipating the Reward
3. The Behavior follows, requiring minimal effort

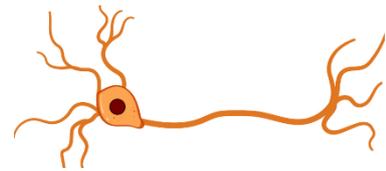
Eventually, we don't *decide* to do the habit. We just *do* it and the more we do something, the *more* we do something.

Why?

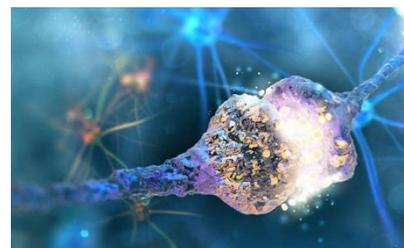
Because neurons that fire together, wire together.

What is a neuron?

A neuron is a **specialized nerve cell** that carries information throughout our body using electrical and chemical signals. Neurons are the basic building blocks of our brain, spinal cord and nervous system.



A neuron's job is to receive information, process it and transmit it to other neurons. This is how we think, feel, move, learn and form habits and memories. An electrical signal travels down its long fiber and by means of certain chemical substances, the signal crosses the tiny gap to the next neuron, which receives the message.



When these gaps are often used, they strengthen, the signal travels faster and the 'route' becomes automatic, thereby creating the 'habit'. The brain isn't choosing. It's simply following the strongest wiring and that will cause two or more neurons to activate simultaneously over time (they 'fire' together).

Set It and Forget It

At first, we choose an action because it seems to help us. It brings comfort, distraction or relief, so we consciously repeat it. Over time, the mind stops deciding and starts remembering. The action no longer requires attention, it runs by itself. What began as a choice now becomes a pattern. This is why stopping it feels difficult. We are not only interrupting a behavior. We are interrupting an automatic path our body has learned to follow.

The challenge becomes stronger when the pattern removes discomfort. If tension disappears immediately after the action, the system learns that this restores balance.

The moment unease appears, the body moves toward the familiar response: numbing, avoiding or distracting, not because we want the action, but because we want the relief.

Example:

Morning alarm goes off → We feel sleepy, groggy and irritated (= unpleasant) → We hit the snooze button → The annoying sound stops and we get a few more minutes of rest.

What our brain learns is that pressing 'snooze' removes the unpleasant stimulus (the alarm + discomfort). That relief reinforces the 'snooze' behavior. Even though hitting 'snooze' can make us more rushed later, the habit sticks because it reliably takes away something unpleasant in the moment.

How to break a bad Habit?

A habit cannot be released by reasoning alone. Understanding it with the mind is not enough, because the habit does not live in thought. It lives in our body. Every repeated behavior once served a purpose. It tried to comfort, protect or distract us, but over time we stop noticing it and the pattern continues without our active participation.

To change it, we must turn our attention to the **experience** itself: we observe what happens before, during and after it. We notice sensations, tension, relief and the emotions underneath. This awareness reconnects us with what is actually happening. The more we do this, the more the pattern loses its attraction. What once felt helpful begins to feel heavy, because our body recognizes it no longer restores balance. It only postpones discomfort.

Then a natural question appears: What do I actually need in this moment? Behind every impulse is a real need: rest, connection, reassurance, expression or safety. The habit imitates fulfillment, but **awareness reveals the genuine need**.

When the true need is met directly, the behavior is no longer required. The pattern fades, not through force, but because it has been replaced by **intentional responding**.

Example:

Morning alarm goes off → We feel sleepy, groggy and irritated (= unpleasant) → Need: a gentler transition → New behavior: we sit up and take 3 slow breaths → We remove grogginess and alarm stress.

The negatively reinforced habit has now been replaced by a healthier relief, leading to **a new balance**.

How to build a good Habit?

We observe how the habit performs in our life: does it support wellbeing in the long run or does it only provide temporary comfort? We also ask ourselves whether it aligns with our values and beliefs or simply fills a moment. An aligned pattern increases balance over time, while a misaligned one leads to imbalance later. By noticing its **real effect**, we can choose what we continue feeding and what we allow to fade.

The Trap of Comparison

When we measure ourselves against others, we tend to evaluate. We place ourselves above, below or equal to, reducing a living connection to a position. This creates tension, because the mind narrows and the body tightens. Comparison cannot sustain inner balance. **Don't compare!**

Just because it feels Good

When we notice how good we feel after a supportive action, that feeling shows us what to repeat. The body remembers what brings balance and naturally moves toward it again. Instead of pushing ourselves with discipline, we use the feeling of the moment as a guide. Each time we do that, the pattern deepens. What is repeatedly experienced becomes familiar and what is familiar becomes natural, not through force but through resonance.

How do we keep Ourselves motivated in the long Run?

A distant goal can feel heavy when we only think about the end point. Our mind struggles to stay motivated by a future moment it cannot yet experience, so immediate comfort often wins over long-range intention.

Balance returns when attention shifts from the destination to the next step in the process. If each step contains some sense of meaning or satisfaction, movement towards our goal continues naturally. The path becomes part of the Reward.

Examples:

- 👁️ We share our progress with someone (encouraging)
- 👁️ We check off each small task (builds confidence)
- 👁️ We start something when regulated (not stressed)

Habits and Frequencies

Habits are **frequency stabilizers**. They don't just influence what we do. They stabilize **how we feel**.

Because habits are often repeated (sometimes daily), they:

- 🌀 reinforce the emotional state, our body and mind treat as 'normal' (= our emotional baseline)
- 🌀 teach our nervous system what to expect and how to respond, automatically and without conscious effort
- 🌀 teach us a normal level of energy and keep us returning to it automatically

In other words, our habits **determine our 'set point'**.

How good Habits raise our vibration

Good habits tend to increase our energy availability, reduce nervous system stress and build self-trust and coherence.

Examples:

- 🌀 Movement → better circulation → higher energy
- 🌀 Meditation → calmer nervous system → clarity
- 🌀 Consistent sleep → emotional stability
- 🌀 Focused work → meaning + confidence

Mechanism:

Trigger → healthy behavior → regulating reward.

Our brain teaches us that this state is safe and effective and our baseline shifts upward.

High-vibration habits create upward spirals.

How bad Habits Lower Vibration

Bad habits often provide short-term relief but long-term cost.

Examples:

- 👁️ Doom scrolling → stimulation → mental fatigue
- 👁️ Overeating sugar → pleasure spike → crash
- 👁️ Procrastination → avoidance → guilt
- 👁️ Substance reliance → numbing → dependency

Mechanism:

Trigger → coping behavior → temporary relief.

Our brain teaches us that we escape discomfort this way and our nervous system becomes dysregulated.

Low-vibration habits create downward loops.

(less energy → worse choices → more fatigue)

The Key Difference: Expansion vs Contraction

When, after a habit, we ask ourselves:

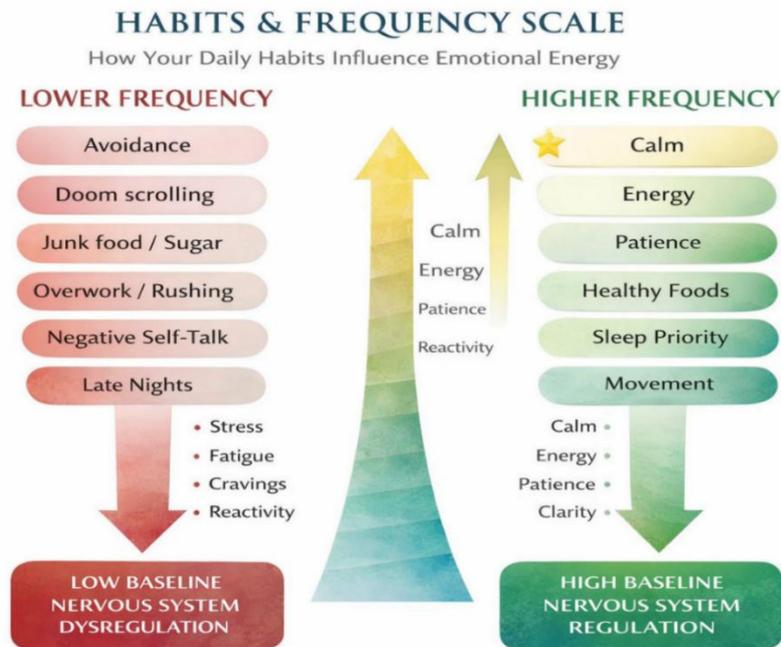
- 👁️ Do I feel expanded or contracted?
- 👁️ Do I feel more present or numb?
- 👁️ Do I feel more capable or dependent?

we will notice that regulating habits raise our baseline and escapist habits lower our baseline, intentional habits increase our coherence and compulsive habits fragment our energy.

We should ask ourselves 'What frequency does this habit train me to live in?' and that question will naturally guide better choices, without shame or force.

Key Takeaway

Good habits repeatedly regulate the nervous system and reinforce higher-energy emotional states, **raising our baseline frequency**, while **bad habits** reinforce stress, avoidance or numbness, gradually **lowering our vibration**.



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This material is based on publicly available research and presented in an original framework developed by **The World Platform**.