



# Habit Stacking: Build Your Goal-Crushing Stairway to Success

01

## Identify a Goal

Goals are outcomes, such as “learning to swim.” Habits are the actions you take to achieve a goal. Example: attend swim lessons. Curate a list and create a ranking of importance/passion/utility to explore of what you want to do.

02

## Set up for Success

Make **incremental changes**, be **SMART: Specific Measurable Achievable Relevant and Timely** in setting tasks/habits toward your goal. If you improve at 1% every week, remember changes accumulates with time with consistency. Be mindful of your relationship with “failure”. Failure is not something to be discouraged, as it takes many failures on the path to mastery. “Failure” is where we grow, we forge.

03

## Champion Change

Update your environment. **Make changes that encourage your new habit and discourage unwanted habits.** If you would want to learn how to swim, protect time to learn through practice. Be aware of matters that can distract you or may require your attention. **Plan accordingly.**

04

## Habit Stacking

Make a plan to building your habit(s), to help you to achieve your goal. Participate in the habit with someone, attach a preferred activity or task after the habit behaviour/action. This supports memory, consistency and accountability. “Stacking” a new behavior on top of an established one to make it automatic and effortless

05

## Some is better than none!

Even if you don’t have a lot of time or energy, do something toward building your habit. Can’t practice swimming? Do strength training, or pushups for 5 minutes. Too busy to read a whole chapter? Read one page. Consistency builds habits.

06

## Accountability Partner

When we share with someone what we are doing, it helps us foster accountability and makes it more difficult to back out of your commitment. Also, once others know you’re working toward a goal, they may offer encouragement, support or even join you on your journey!

07

## Monitor Progress

Keep a journal, calendar, or spreadsheet to record your habit each time you practice. It can be satisfying to record your behavior, and to look back and see all the hard work you’ve put in. Plus, it can be motivating to keep a habit streak alive!

08

## Celebrate your milestones and success!

New habits can take time to kick in, and often have long term benefits for us emotionally, physically and mentally. While building your habits, give yourself immediate, small rewards to sustain motivation that do not contradict your goals.