

Habit Fix

with Rabbi Benji



Make it clear

The next step towards picking up a habit is what Clear calls the 'Implementation Intention'. Make your habit clear by anchoring it in a **time** and **place**. Here is his formula:

★ I will [habit] on [day] at [time] in [place].

For example:


★ I will call my parents every Friday at 8.30am when I'm on my way to work.

This makes the habit, or gateway habit, clear and defined. Definition is essential as we set out on our journey to make good habits stick. Clear explains: 'Many people think they lack motivation, but what they really lack is clarity.' Not having a clear directive allows us to come up with all sorts of excuses for not getting to our habit.

It reminds me of the important idea of fixing times to learn Torah and grow¹. The advice is not to learn once a day or once a week — it is to establish clear and articulated times for Torah learning. Interestingly Rabbi Jacob ben Asher connects this idea to the mitzvot we view as less important, because these are the ones that compound to define us.²

Today let's... ✓

Pull up our list of gateway habits and concretize them with a time and place. Apply the formula of 'I will [habit] on [day] at [time] in [place]' in the Implementation column of the google sheet.

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With blessing,
Rabbi Benji

Email hello@rabbibenji.com to share your story. We'll be featuring these stories of change on our social channels so we can all inspire each other.

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¹ Avot 1:5

² Baat HaTurim on *Deuteronomy* 7:12



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