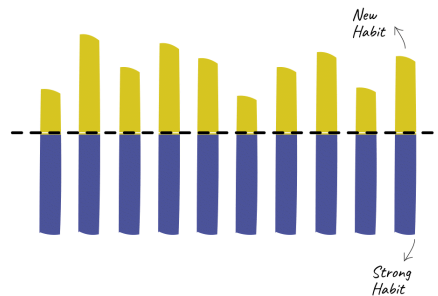


Habit Fix

with Rabbi Benji

With habit stacking



Habit stacking

I really love Clear's next strategy for sticking to a habit. He calls it *habit stacking*.

This is how it works:

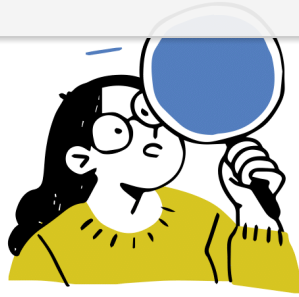
Look at the list of habits that you are trying to achieve and see if you can slot them into any existing habits you already have in the day.

That way you will have a natural cue that will trigger the new habit.

For example, I have a habit of brushing my teeth first thing in the morning. If I introduce a new habit before such as washing my hands or straight after I brush my teeth, flossing for example, the very act of brushing my teeth will trigger the new habit.

If you think about it, Judaism is one big habit stack. I wake up in the morning and say modeh ani. This cues me to wash my hands. Washing my hands triggers me to put my shoes on, right foot first. Putting my shoes on catalyzes saying morning blessings... and so on and so forth.

Today let's... ✓

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Look at the habits we are trying to integrate on your google sheet. Can you habit stack them? Can you find an existing habit that would trigger the new habit? For example, if I have the habit of washing fruit before I eat — can the habit of washing fruit trigger the habit of saying a blessing over it?

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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