

Habit Fix

with Rabbi Benji



Designing your environment

The next trick up Clear's sleeve is to design your environment to make sticking to your habits that much easier. It seems so obvious and simple. Our environment can be filled with visual cues that make us better people. It is remarkable.

Clear cites psychologist Kurt Lewin who put it best in the following equation.

$$B = f(P, E)$$

★ Behavior is the function of a person in their environment ★

This got me really thinking. How do I design my own environment so that it becomes conducive to a life filled with Torah and mitzvot. What visual cues can I surround myself with that will make it easier for me to do more good things more often?

My kids have a cup and a place to wash their hands — that means I don't need to remind them to wash their hands in the morning. Their bathroom has the prayer for after going to the bathroom printed outside its door, so we don't need to reach for a siddur to say the prayer each time. We have a charity (Tzedaka) box near the kitchen to remind us to give... What more can I do to design my environment so that it makes me a better person?

I wonder if the mezuzah is not the best example of this. It's a really small object that we affix to every door (containing a scroll with a Torah passage in it). It's small, but it transforms each room into a space that is designed to make sure my relationship with God is always front and center.

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Today let's... ✓

For today's exercise, let's take a look at our environment as a whole and brainstorm ways to make them more conducive to the kind of people we want to become. We can fill it with visual cues that will enable us to stick to the *mitzvot* that we have identified during the last couple of days — but let's not stop there. Let's cast the net wider and generate ideas to make our environments more conducive and friendly to the type of people we want to become.



There is a second tab on the google sheet. Use it to document any ideas that you have.

[Google Sheets](#)

With blessing,
Rabbi *Benji*

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