NED COTEN

Nine rules to form a habit.

How to succeed in the Power of Less challenge: one new habit, formed in 30 days.

How to succeed in the Power of Less challenge.

Commit to forming a new habit in 30 days by following these rules. For more, read *The Power of Less* by Leo Babauta, or see thepowerofless.com.

1 Only one habit

While you might have three to five habits you want to form, you'll decrease your effectiveness if you try to do more than one at a time. Choose just one habit to focus on for one month. You can do the other habits in the months that follow.

2 Start small

Just commit to ten minutes a day. This might sound too easy, but you will almost guarantee success if you do this. You can increase later.

3 Commit publicly

Tell as many people as possible about the habit you'll be forming: friends, family and co-workers. Post it on Facebook or whichever social media you use.

4 Write your plan

Write out exactly what habit you'll be forming, when you start, what time during the day you'll be doing it, rewards you might give yourself, and how you'll overcome any potential obstacles. Write it down to succeed.

5 Find a trigger

Find something you already do consistently every day (wake up, eat breakfast, brush your teeth, shower, arrive at work, have lunch, have dinner, anything) and tie your new habit to this trigger. Do it every day, right after this trigger.

6 Be consistent

Do not miss a day. Try to get a streak going: 30 straight days. If you miss a day, keep going, but the more consistent you are, the more likely the habit will stick.

7 Report progress

Every day, report your progress to someone who is following along with you.

8 Motivate

Give yourself rewards each week. In fact, give yourself a reward each of the first few days, and then weekly after that.

9 Be positive

Keep a positive attitude throughout the entire challenge to be successful. If you find yourself thinking negative thoughts, squash them like a bug, and replace them with positive thoughts. It really works.

I didn't write this, but I thought you would like it.

I don't create all of the great knowledge in the world. I often come across information that I think is valuable and useful, and this is one of those articles. To be clear, I didn't write it, but I believe the information is valid and of benefit to anyone trying to do great things in the world.

Source: Leo Babauta, *The Power of Less*, thepowerofless.com.

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Don't seek to be a person of Importance.
Seek to be a person of Value.

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