

# HABIT TIPS

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**There are two proven ways  
to establish and strengthen a habit:**

## **Plan a Time and Location**

*Make a plan for your action/activity by giving it a specific time and place. Complete the following sentence:*

I will [action/activity] at [time] in [location].

Example: I will spend time with Jesus by reading the Bible for 10 minutes every day at 7:30 a.m. in my favorite chair.

## **Habit Stacking**

*Identify a current habit and connect your new action/activity to that habit. Complete the following sentence:*

After I [current habit], I will [action/activity].

Example: After I pour my morning coffee, I will spend time with Jesus by reading the Bible for 10 minutes every day.

\* A great resource for building good habits and breaking bad ones is the book *Atomic Habits* by James Clear from which the above is taken.