Instant Ability Exercise

One of the most important concepts and maxims in behavior change is:

**Increased Simplicity = Increased Ability**

Most people cannot wake up tomorrow morning, throw on their running clothes and complete a marathon. However, the vast majority of people can get up and put on their running clothes! This is a perfect example of building tiny habits into your life that will eventually allow you to meet your biggest challenges. Here’s a simple, but profound, exercise to teach you to use this approach in your daily life.

**Step 1**: Write down one new habit you want to build into your life: (e.g. I want to strength train 3 days/week)

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**Step 2**: Cut your desired habit down until it takes LESS THAN 2 MINUTES to begin. (e.g. Put on my workout gear and do 10 pushups, or put on my workout gear and start driving to the gym)

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**Step 3**: Find a spot on your calendar for where the two minutes can live. Ideally, you will attach this new habit to something that you do everyday. (e.g. When I change clothes after work, I will change into my workout gear.)

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**Step 4**: Celebrate each 2-minute win in a healthy way. (e.g. Give yourself a mental pat on the back for putting on your workout gear, but avoid “eating the whole gallon of ice cream” types of celebration.)

**Step 5**: Train your 2-minute cycle until it begins to feel normal and then add another 2 minutes to it. What will you do next?

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