

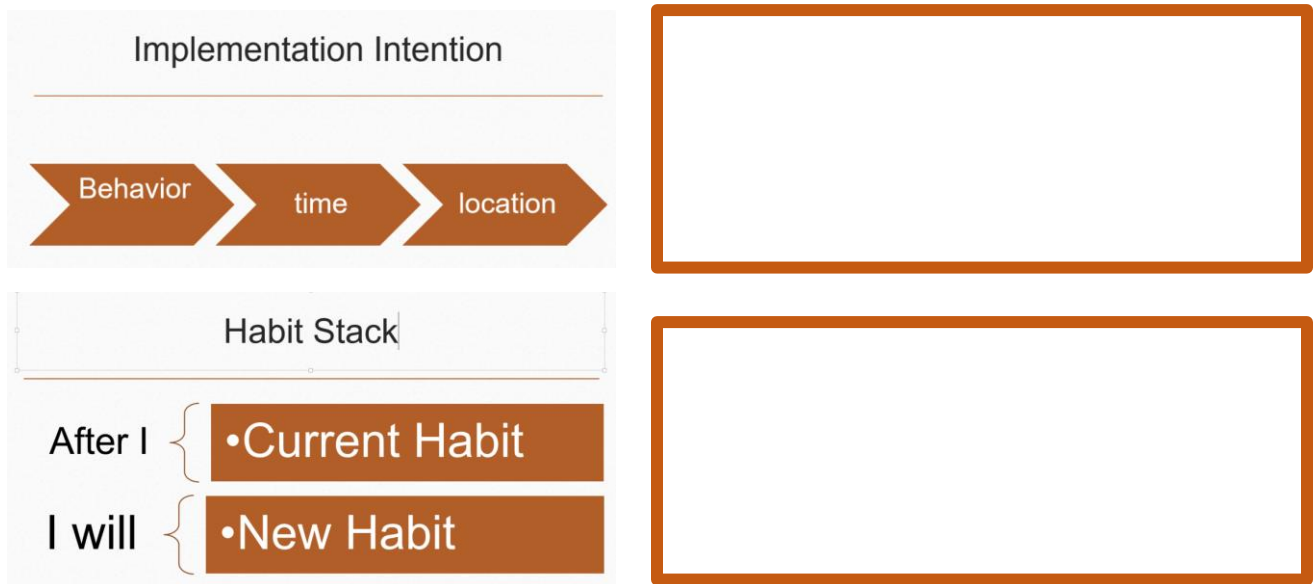
The Art and Science of Habit Change

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“Most effective way to change your habits is to focus not on what you want to achieve, but on who you wish to become.” - James Clear

- **Decide the type of person you want to be**
- **Prove it to yourself with small wins**

To create a new habit



To support new habit

- **Make it attractive (join a group)**
- **Make it easy (what gets in the way that you can shift?)**
- **Make it satisfying (give yourself an immediate reward, use tracker)**

To break a habit

Make it Invisible/Decrease exposure and remove cues

Make it Unattractive/Focus on the benefits of avoiding your bad habit

Make it Difficult/Make it harder to do your bad habit

Make it Unsatisfying/Make a habit contract (<https://www.stickk.com/>)

Start small to break the dopamine reward by doing 1 day per week as “dopamine detox”