A Writing Habit: The Myths, The Truths and Making Your Own Plan

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“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”
— Gandhi
Start from a position of Strength …  
What are 10 habits that you already do consistently?

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<th>My Habits</th>
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What are Underlying Features amongst your habits that are very strong (e.g., social support, built in rewards)

Some Features that my Strong Habits Share …

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“The best kind of happiness is a habit you're passionate about.”
— Shannon L. Alder
What are some “Not Yet” habits that you want to transform to strong habits?

Aspirational Habits

1. 

2. 

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“A nail is driven out by another nail; habit is overcome by habit.” — Erasmus
What are Underlying Features amongst your “not yet” habits?

Some Features that my Not Yet Habits Share . . .

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How can I import some of the features of my strong habits into a writing habit?
Analyzing the Current state of Affairs

- Routine
- Cue/Trigger
- Reward

Diagram shows a cycle involving routine, cue/trigger, and reward.
Starting a Plan

Routine

Cue/Trigger

Reward
What are Possible Rewards for your new habit, to “close the loop”? 

Potential Rewards could be …

- ........................................
- ........................................
- ........................................
- ........................................
- ........................................
- ........................................
- ........................................
- ........................................
My writing plan is … (Include frequency, duration, place, topic, time & reward)

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But what could go wrong is …

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What was most useful for you today about this process?

For further study …

- Public Health article (2016) – common assumptions and research-based alternatives for health behavior change
- Washington Post re: Five myths about habits disconfirmed
  - https://www.washingtonpost.com/opinions/five-myths-about-our-habits/2015/12/31/1f3ab244-ad93-11e5-9ab0-884d1cc4b33e_story.html?utm_term=.fc6a308a3881
- NPR Article re: How environment shapes habits. Heroin addiction in returning Vets from Vietnam
  - https://www.npr.org/sections/health-shots/2012/01/02/144431794/what-vietnam-taught-us-about-breaking-bad-habits
- Michael Bungay Stanier – Video (15 minutes) on how to build a new habit
  - https://boxofcrayons.com/2016/02/how-to-build-a-new-habit/
- TAA Newsletter
  - https://blog.taaonline.net/2017/02/harness-the-power-of-habits-for-writing-productivity/