Lunch ‘N’ Learn Series

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GRETCHEN RUBIN

Better Than Before
Mastering the Habits of Our Everyday Lives
Gretchen Rubin

The Happiness Project
Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun
Gretchen Rubin

Happier at Home
Join More, Jump More, Abandon a Project, Read Samuel Johnson, and My Other Experiments in the Practice of Everyday Life
Gretchen Rubin

http://gretchenrubin.com/
Webinar Overview

- How do we change habits?
- The Four Tendencies
- Strategies to make or break habits
- The Habits Manifesto

*when we change our habits, we can then change our life.*
CAN YOU CREATE WELLBEING HABITS THAT WORK?

Did you know that up to 40% of our daily actions - roughly 6 hours - are not conscious choices, but habits? Studies show that we can create new habits, using this simple neurological loop of: 'cue, routine, reward'.

30 SECONDS TO ACTIVATE: Reduce the time and energy it takes to get new wellbeing behaviors started by creating a cue. You can anchor it to habits you already have, so one behavior flows seamlessly into the next. You can embed it in your environment, so you almost fall into the habit. Or you can use a 'when/then' statement to prime your brain, so when you wake up in the morning, then you already know which wellbeing action to take.

10 MINUTES TO PRACTICE: The longer we practice, the stronger our new neural pathways grow and the easier and more enjoyable our habits become. Even a busy-proof ten-minute routine is better than not starting anything.

30 SECONDS TO CELEBRATE: Whether it's checking it off a list, sharing your good news, noting it in a gratitude journal or making yourself a cuppa, rewarding our efforts releases feel-good hormones that help accelerate habit creation. So don't short change yourself on celebrating what you've done.
#1. KNOW THYSELF

Gretchen Rubin’s Four Tendencies

- **UPHOLDER**
  - Meets outer expectations
  - Meets inner expectations

- **QUESTIONER**
  - Resists outer expectations
  - Meets inner expectations

- **OBLIGER**
  - Meets outer expectations
  - Resists inner expectations

- **REBEL**
  - Resists outer expectations
  - Resists inner expectations

Take the quiz at gretchenrubin.com

SBU Career Center
“When possible, the brain makes a behavior into a habit, which saves effort and therefore gives us more capacity to deal with complex, novel, or urgent matters ... In other words, habits eliminate the need for self-control.”
#3. MONITOR YOUR BEHAVIOR

DAILY TIME LOG

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<th>Time</th>
<th>Monday</th>
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<th>Wednesday</th>
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#4. START FRESH

A FRESH START
#5. MAKE GOOD HABITS CONVENIENT + BAD ONES INCONVENIENT
“Self-measurement brings self-awareness, and self-awareness strengthens our self-control.”
#7. FORM BETTER HABITS BY FINDING THE RIGHT DISTRACTIONS + LEARNING TO WORK WITHOUT REWARDS.
#8. STACK GOOD HABITS TOGETHER
THE BETTER THAN BEFORE HABITS MANIFESTO

1. What we do *every day* matters more than what we do *once in a while*.
2. Make it easy to do right and hard to go wrong.
3. Focus on actions, not outcomes.
4. By giving something up, we may gain.
5. Things often get harder before they get easier.
6. When we give more to ourselves, we can ask more from ourselves.
7. We’re not very different from other people, but those differences are *very* important.
8. It’s easier to change our surroundings than ourselves.
9. We can’t make people change, but when we change, others may change.
10. We should make sure the things we do to feel better don’t make us feel worse.
11. We manage what we monitor.
12. Once we’re ready to begin, begin *now*.

Visit GretchenRubin.com to order the *New York Times* bestseller *Better Than Before*
A Checklist for Habit Change

In the top space, write the habit you want to master, and below, identify ways to apply some or all of the 21 strategies. For example, for “Get more sleep,” you might write “Set a specific bedtime of 11 pm” next to Scheduling; “Go to bed every night at 11 pm once I start my new job” for Clean Slate; “Change into pajamas by 10 pm” for Convenience; and “Remove the batteries from my TV remote control” for Inconvenience.

By identifying the specific habit you want to master, and the many strategies you could deploy to change it, you’ll set yourself up for success.

Habit You’d Like to Master

<table>
<thead>
<tr>
<th>Self-Knowledge</th>
<th>Pillars of Habits</th>
<th>The Best Time to Begin</th>
<th>Desire, Ease, and Excuses</th>
<th>Unique, Just Like Everyone Else</th>
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<tr>
<td>The Four Tendencies</td>
<td>Monitoring</td>
<td>First Steps</td>
<td>Abandoning</td>
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http://gretchenrubin.com/habits/habits-downloads/
Thank you!

Nikki Barnett, Senior Career Consultant for Alumni
SBU Alumni Career Services

http://career.stonybrook.edu/alumni_new