

How to make a practice a habit:

If you really want to make the practice of presence that you chose a habit, here's a few tips I've learned in my years as a health coach helping people establish new habits:

1. Pick one small, doable, and sustainable practice, that's just enough to move forward a millimeter a day.
2. Use the habit cycle:
 - Cue:** make it part of a routine you already do and attach it to another habit or create a cue: phone notification, when I drink something, etc.
 - Routine:** your new practice
 - Instant Reward:** just like you'd reward a dog!
 - can be emotional, i.e., pump your arm and say "I did it," or
 - concrete, i.e., pay yourself \$1
 - Long-Term Benefit:** Keep your "why" in mind: to live out the UU values
3. Commit to doing it daily for a month. If you miss a day, forgive yourself and start again. If you miss two days, you'll be starting over.
4. Write it down on post-it notes and place them where you'll see them: i.e., bathroom mirror, computer screen, middle of steering wheel, etc.
5. Create accountability: track on an app or on paper, tell others you're doing it, get a buddy, etc.
6. Tell yourself, "I want to, get to, and choose to do it." Instead of "I have to, need to, and should do it," which our mind rebels against.
7. Celebrate when it becomes a habit!