

## Work New Habits Into Established Routines

It is wise to create new behavioral habits that are initially anchored to your regular activities so that they can cue the new behavior. It is far easier to combine habits than to swap them out cold.

For example, suppose you want to eat more fruit and less refined sugar but you find that you are regularly eating a cookie soon after you wake up. If you have a morning coffee, you might focus on creating a habit of grabbing an apple as you grab your coffee, taking it to your favorite chair, and taking a small bite before your first sip.

Or suppose you want to be more effective in managing your work habits. You might set a goal of answering all emails each day so your inbox doesn't get overstuffed. Soon you'll likely have some tough days and not get them all answered, and you might then just give up. If instead you established a habit of checking emails for, say, 30 minutes over your morning coffee (with an apple!), that email habit would be easier to establish.