



**CHANGE  
YOUR  
HABITS**



**CHANGE  
YOUR  
LIFE**

HABITS ARE **RITUALS** AND **BEHAVIORS** THAT WE PERFORM, ALLOWING US TO CARRY OUT ESSENTIAL ACTIVITIES SUCH AS BRUSHING OUR TEETH, TAKING A SHOWER, GETTING DRESSED FOR WORK, AND FOLLOWING THE SAME ROUTES EVERY DAY WITHOUT THINKING ABOUT THEM.

## HABITS CAN BE DIVIDED INTO 3 GROUPS:

- THE HABITS THAT WE SIMPLY DON'T NOTICE BECAUSE THEY HAVE BEEN PART OF OUR LIVES FOREVER—LIKE TYING SHOELACES OR BRUSHING TEETH.
- THE HABITS THAT ARE **GOOD** FOR US AND WHICH WE WORK HARD ON ESTABLISHING—LIKE EXERCISING, EATING WELL OR GETTING ENOUGH SLEEP.
- THE HABITS THAT ARE **BAD** FOR US—LIKE SMOKING, PROCRASTINATING OR OVERSPENDING.

# HABITS FORMATION

The process of **changing a habit into a new behavior** is called habit formation.

It's very hard to break old habits and form new habits since our behavior is engrained into our neural pathways.

But **repetition is the key to changing a habit!**

# HABITS ARE A THREE-STEP PROCESS:

The first step is the trigger or cue **telling your brain to go into automatic mode**. This is the decision making part of your brain.

The second step is the **routine or the behavior itself**. This is where your decision-making part of the brain and the emotional or memory part of the brain work together.

The third step is **the reward or celebration!** It's something you enjoy that **helps your brain remember this habit in the future**. Here is where the memory part of the brain takes over.

HABITS ARE FORMED THROUGH  
PERFORMING A CERTAIN ACTION  
OR BEHAVIOR SO **REGULARLY**  
THAT IT BECOMES AUTOMATIC!

# HAVE YOU EVER HEARD OF DOPAMINE DETOX?

Dopamine is a neurotransmitter produced in the brain which acts as a chemical messenger. It releases when you do an activity that is pleasurable or brings rewards.

There is a reason why our brain can become so dependent on dopamine. Once it develops tolerance, it requires more and more dopamine, and normal tasks become difficult to complete.

# HOW DO YOU RESET YOUR DOPAMINE LEVELS?

Dopamine detox is a concept which a lot of people follow. Consider it to be a detox, but for your brain.

The simple rule to follow is to avoid engaging in any activity which you enjoy doing or which stimulates the brain-it could be browsing your phone, avoiding screen time, listening to music or engaging in any hobby.

The idea is to devoid the brain of any good happy activity, that, in the end, even a boring activity ends up being fun.



# HOW TO DO A DOPAMINE DETOX?

Choose one day each week and refrain yourself from doing activities which seem pleasurable or dopamine boosting.

This is a method to recentre and refocus your brain on other activities which need attention, like studying, eating healthy, doing sports.

So, if you are willing to try dopamine detox, choose a day during which you will say NO to: INTERNET; PHONE; COMPUTER; MUSIC; JUNK FOOD, ETC.