Chapter 13

How to stop procrastinating - The two-minute rule

What new habit would you like to perform? Choose one for each time of the day.

*Example:* I want to read each night before bed as an evening habit.

Morning habit:

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Mid-day habit:

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Evening habit:

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What Gateway Habit (two-minute habit) could you start doing for each of the above habits?

*Example:*

New Habit I want: I want to read each night before bed.

My Gateway habit (something you can do in two minutes): Read 1 page before bed.

Morning Gateway habit:

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Mid-day Gateway habit:

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Evening Gateway habit:

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CHAPTER 14

In this chapter we learned about commitment devices, and how they help us make harder behavior change easier, because it forces us to do our task.

Here is an example

My harder behavior to change: I would like to go to sleep earlier each night.

Here is my commitment device: Turning on Sleep Mode on my phone, which locks my apps so I can’t open them without having to put in a passcode.

Hard behavior you would like to change: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your commitment device that will help you with that?

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