

SKILL BUILDING NO. 26

Train Your Brain



Human brains are great at doing routines, but **stopping a bad habit is hard for our minds**. If you want to drop a habit (like using your phone in bed), you must change earlier in the evening routine. To successfully change that routine, you may need to move your charger away from your bed to a different side of the room. You could power it down, turn it off and set it on your nightstand. Doing so ensures it won't open up immediately if you pick it up. Interrupting your routine is just making one thing different to remind yourself about the new habit you want to establish.

Here are some ideas of how that can work for different routines:

- **Want to go to bed on time?** Set an alarm to start getting ready for bed instead of waiting to get ready til later.
- **Want to get up earlier?** Put your alarm across the room so you have to get up to turn it off.
- **Want to be more talkative with your family in the evening?** Take ten minutes to yourself, alone, quiet, and not doing anything to give your brain a chance to re-charge before hanging out with your family.

Now it's your turn. Write out one thing you want to stop doing and the action you can take now to make sure it happens later.

