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Beginner lessons for Environment Design

Design Your Environment to Build Better Habits!

DEFINITION

Environment design is the practice of shaping your surroundings to encourage positive habits. By organizing your space, you can make it easier to adopt and maintain good behaviors.

KEY CONCEPTS

Cue Placement

Place reminders or tools for your desired habits in visible locations to prompt action.

Reduce Friction

Make it easier to engage in good habits by minimizing obstacles in your environment.

Create Temptation Bundling

Pair a habit you want to adopt with something you enjoy to make it more appealing.

Design for Success

Arrange your environment to support your goals, like keeping healthy snacks accessible.

Visual Reminders

Use sticky notes or visual cues to remind you of your goals and desired behaviors.

EXAMPLES

- Keep workout clothes by your bed to encourage morning exercise.
- Store healthy snacks at eye level in the pantry.
- Use a calendar to mark daily habit achievements.

MEMORY TIPS

- ★ Think of 'Cues' as 'Clues' to your habits.
- ★ Remember 'Friction' means 'Resistance' to good habits.
- ★ Visualize your environment as a 'Habit Garden' where you grow positive behaviors.

COMMON MISTAKES

- ✗ Not adjusting the environment when habits fail.
- ✗ Overcomplicating the design instead of simplifying it.
- ✗ Ignoring the power of small visual reminders.

QUICK RECAP

Environment design is about shaping your surroundings to foster good habits. By strategically placing cues and reducing friction, you can make positive behaviors easier to adopt and maintain.