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Beginner lessons for Environment Design

Design Your Environment for Better Habit Building!

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

Position reminders and tools for your desired habits in visible and accessible locations.

Reduce Friction

Minimize obstacles that make it harder to perform good habits, like keeping healthy snacks handy.

Create Temptation Bundling

Pair a habit you want to develop with something you enjoy, making it more appealing.

Environment Consistency

Maintain a consistent environment that supports your habits, reducing distractions and confusion.

Social Influence

Surround yourself with people who embody the habits you want to adopt, as social norms can motivate change.

EXAMPLES

→ Place a water bottle on your desk to encourage hydration.

→ Keep your workout clothes by the door to remind you to exercise.

→ Set up a reading nook to promote daily reading habits.

MEMORY TIPS

★ Think 'C-R-E-S' for Cue, Reduce, Environment, Social.

★ Visualize your ideal space as a habit-friendly zone.

★ Use the acronym 'HABIT' to remember Habit, Access, Benefit, Influence, Time.

COMMON MISTAKES

✗ Ignoring the impact of clutter on motivation.

✗ Failing to adjust the environment as habits evolve.

✗ Underestimating the power of social circles on habit formation.

QUICK RECAP

Environment design is crucial for building lasting habits. By strategically shaping your surroundings and leveraging social influences, you can make positive behaviors easier to adopt and sustain.