

Forum:[Hack Forums](#)

Thread: [How To Develop New Habits and Get Rid of Old Ones](#)

Sylvester Stallone - October 2, 2019, 2:28 pm

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." - Aristotle

Why do you want to form good habits? Well, About 40-45% of actions every day require no thought, they are habitual...

"The chains of habit are too light to be felt until they are too heavy to be broken." - Warren Buffet

Where do most of our habits come from? Well, here are a few: Environmental exposure, Social Conditioning, Upbringing, Society, Friends, Parents, and Teachers

When you go into a new situation, and you don't know how people are supposed to respond, act, talk/not talk is WHEN we are most vulnerable to forming these habits/new ways of doing things. It's when we don't know the method of operation, we look for social proof (what other people are doing), then just do those things...

The point is most of your habits you did not chose, they are like "programs" controlling you to do things, say certain things, act certain ways, and respond in ways that aren't in our best interest. There are a ton of these "scripts" running behind the scenes. We can't just "delete" them like on a computer, the way we solve this problem is by replacing bad habits with new habits and good habits with better habits.

"A ounce of prevention is worth a pound of cure" - Benjamin Franklin

What does this mean? It's A LOT easier to avoid forming a habit by killing the monster when its small, then its is once is built up in your brain, and trying to reverse it.

Be on high alert, nothing is more valuable then your mind + body.

(Imagine/Maybe) you've been vaping for (3/X) months, how much easier would've it been to kill the bih Day 3?

Where do birds fly in the winter? Down south! They don't have a choice unlike Human Beings, we are the only species with the power to change our habits! Simply the fact you are here means you have that ability to drive your life!

"Form the habits, then let them form you."

How do we form the habits? We'll you've probably heard many things regarding the amount of time it takes to forms a habit, truth is it doesn't matter how many days, it doesn't matter.

Tiny habits = less time, intense habits = more time and repetition to replace and form a new one. A habit like brushing your teeth every day would be easy to form, something like changing your muscle memory basketball jump shot would be harder.

If it was easy everyone would have the habits they want in life.

WE are going to say it works in 4 phases:

Phase 1: Defying Gravity - First 10 Days

You're excited about the habit, its releasing dopamine, your thinking about all the great things that will happen as a result

What happens after 4 days? You struggle, lose track, resistance, relapse, lose interest.

To defy gravity it requires concentration and will power, but will power starts to give out. The pull of the old habit starts fighting with you, and tries to bring you back.

The key is to front load Day 4-10, you know you will be good days 1,2, and 3 thanks to dopamine

Around day 4/5 its going to get harder, You need to be mentally prepared for it. You have to front load it, pull out all the f***ing tools and ammunition you have to keep you going with this new habit and not let yourself relapse.

Mediation? DO IT. Phone on AP mode for week? DO IT? Not check email for entire week? DO THAT.

Maybe you have to have friend who be your accountability buddy, who calls 3 times a day for check ins?

Whatever it takes, it is a MUST, not a should!

Think about the rocket that takes off and uses most of its fuel, then almost nothing once its in space! THAT'S YOU!

Phase 2: "Active Resistance" (Day 11-20)

The emotional high is gone, even in days 4,5,6 there is still some newness factor... But now its all will power, your old habit will fight with your persistence of this new habit. Bring everything you got like your life depends on it.

"A man can do anything so long as it not fore ever"

You know there's a light at the end of the tunnel! Don't you?

So you do everything you can because that bring you to

Phase 3: Acclimation (Day 21-30)

It starts to get a little easier, it gets acclimated for you

How good does it feel when your forming a habit and you do it for the first time without thinking about it? ITS THE BEST!

Once you get past the acclimation phase, your then have a new habit. Then we let the habits form us!

Principles:

1. Target At a Time

We can't do it all at once, think of the most important one than work on it first. Sequentially not simultaneously.

2. Remove triggers that trigger the replaced

Find the triggers and remove them until the new habit is strong. Forming a new habit it like a planting a flower, you need extreme care.

3. You Relapse When You HALT

We've all tried forming new habits then we relapse,we go back to this "thing" we didn't want to do, then we're sitting there like "why did I even do this?" Sort of like something is controlling you

WE relapse when we are Hungry, Angry, Lonely, Tired

Keep blood sugar higher, getting angry at something? Remove it. Go talk to your social circle, setup times where you are going meet with friends in advance. Make sure your meditation is good and that you are getting good sleep. If you smoke weed, don't smoke sativa before you sleep, it messes with your REM cycles.

4. Feed The Beast

Rewarding your self after the habit

"Any behavior immediately gratified will be repeated" - Think of casinos gratifying people pulling the levers, making them keep pulling

Food, Massage/Cex, Shopping, Vid Game?, Motivation/Incentive, Vacation in the future

When Ben Franklin was 24 years old, he realized if he want to achieve certain levels of success he would have to develop certain virtues, he made a list of 13 virtues,then made a system to internalize them in, he ended up doing this for the next 50 years of his life

He focused on one at a time. Every week he would pick a virtue and heavily focus on it, marking his chart if he didn't practice it. If he practiced it, then he would go down the list just to see where he was at with the other virtues and mark accordingly, but the focus was only on one virtue a week.

This was passed on by one of my mentors, though it is life changing for some people so I decided to share it here, I hope it can at least help one person... Just remember to take action, the #1 difference between wealthy people and poor people, is that every wealthy person took action. Unless they are part of lucky sperm club lol

Fable x - October 2, 2019, 2:40 pm

Wow this was a disappointment. Update ASAP.

GENT - October 3, 2019, 9:14 am

It is really important to become a person of virtue. But the thing is, you need to try out a lot of things to educate yourself enough to see what kind of person you want to become. And then throw yourself in situations that force you to adapt and become that person.

But in the beginning (and I am talking about several next years), you gotta do it every single day. Otherwise you won't get much done.

gloccforty - October 4, 2019, 3:07 pm

Education is key here. You must read, retain and apply. Figure out what works and keep making it better and more efficient.

One - October 5, 2019, 7:14 am

Education is Good but dont kill yourselves,As long as you can speak And understand English plus you dont have problems with numbers then you are fine,To make money all you need is a skill

Sylvester Stallone - October 5, 2019, 7:38 am

(Oct 2, 2019 02:40 PM)Fable x Wrote: [\[CITE\]](#) Wow this was a disappointment. Update ASAP.It's LIVE haha sorry ab that boss, I couldn't PM you to let you know

(Oct 3, 2019 09:14 AM)scarif Wrote: [\[CITE\]](#) It is really important to become a person of virtue. But the thing is, you need to try out a lot of things to educate yourself enough to see what kind of person you want to become. And then throw yourself in situations that force you to adapt and become that person.

But in the beginning (and I am talking about several next years), you gotta do it every single day. Otherwise you won't get much done.Indeed. I heard somewhere there was this "tribe" or whatever tf you call em. They would stay up for like a week straight or something crazy like that, and while they were up they would have to decide what they want/will do for the rest of their lives... I thought that was pretty interesting.

(Oct 4, 2019 03:07 PM)gloccforty Wrote: [\[CITE\]](#) Education is key here. You must read, retain and apply. Figure out what works and keep making it better and more efficient.100% must crucial part is the application, without that your just a encyclopedia.

(Oct 5, 2019 07:14 AM)One Wrote: [\[CITE\]](#) Education is Good but don't kill yourselves,As long as you can speak And understand English plus you don't have problems with numbers then you are fine,To make money all you need is a skill

That's facts your health should always be before any thing else and 100% skills pay the bills. Good habits can in fact help with learning skills.

For people who want to be extremely successful just a skill wont cut it you going to have to change some habits... For Most of the billionaires are of "order"

"Order is the planning of time and organizing of resources, as well as of society. Although order is rarely discussed as a virtue in contemporary society, order is in fact central to improving efficiency, and is at the heart of time management strategies such as David Allen's Getting Things Done"

ethellooking - September 21, 2020, 1:38 am

Try this steps:

Stress and boredom.

Choose a substitute for your bad habit. ...

Cut out as many triggers as possible. ...

Join forces with somebody. ...

Surround yourself with people who live the way you want to live. ...

Visualize yourself succeeding. ...

You don't need to be someone else, you just need to return to the old you

Bob the Builder - September 21, 2020, 4:55 am

The most effective way to change our habits is to focus on "who you wish to become" because the goal isn't to read a book, it's to become a reader.

(Sep 21, 2020 01:38 AM)ethellooking Wrote: [\[CITE\]](#) Try this steps:

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Identifying the triggers behind your habitual behaviors because triggers are the first step in developing a habit.