



1. Your desired behaviour is the normal behaviour
2. You already have something in common with the group.
36. **How do the close people affect motivation level?:** Nothing sustains motivation better than belonging to the tribe.

The sisters practiced chess for many hours each day and continued this remarkable effort for decades. But these habits and behaviours maintained their attractiveness, in part, because they were valued by their culture.

37. **How do you avoid bad habit?:** Just as we are more likely to repeat an experience when the ending is satisfying, we are also more likely to avoid an experience when the ending is painful

38. **How do you make habits satisfying?:** 4.1 Use reinforcement. Give yourself an immediate reward when you complete your habit.

4.2 Make "doing nothing" enjoyable. When avoiding a bad habit, design a way to see the benefits.

4.3 Use a habit tracker. Keep track of your habit streak and "don't break the chain."

4.4 Never miss twice. When you fail to get to do a habit, make sure you get back on track immediately.

39. **How do you make habits unsatisfying?:** 4.5 Get an accountability partner. Ask someone to watch your behavior.

4.6 Create a habit contract. Make the costs of your bad habits public and painful.

40. **How does changing perspectives help with building better habits?:** Reframing your habits to highlight their benefits rather than their drawbacks is a fast and lightweight way to reprogram your mind and make a habit seem more attractive.

41. **How does the paper-clip strategy help with immediate reinforcement?:** As one paperclip is moved from one jar to another when you complete a task, they reinforce your behavior and add a little bit of immediate satisfaction to any activity.

42. **How is association related with habits?:** Habits are all about associations. These associations determine whether we predict a habit to be worth repeating or not.

Everytime you perceive a cue, your brain runs a simulation and makes a prediction about what to do in the next moment.

43. **How to make bad habits impossible?:** 1. Increase friction. Increase the number of steps between you and your bad habits.