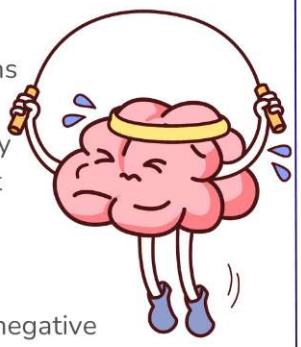
Neuroplasticity



Neuroplasticity is how the scientists refer to the amazing ability of our brains to rewire. It may not feel like it sometimes, but your brain has the powerful ability to modify, change, and adapt both its structure and function. Not only can you teach an old dog new tricks, you can quite literally talk yourself out of procrastinating. By building new habits, you can form and myelinate (insulate) new neural networks, and change your thinking and behaviour.

The more you exercise the parts of your brain that regulate the fear of any negative consequences of getting started, the easier it will become to get started! It's time to join forces with your brain and help end the procrastination battle!

Habit Formation

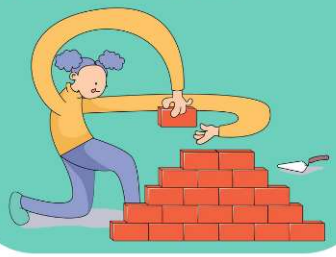


It takes on average 66 iterations of a task before it becomes automatic

What gets in the way for you in forming a new habit?

Habit Stacking

Habit stacking, or anchoring, means stacking new habits on to strong existing ones.



What regular habits/practices / routines do you have you could stack onto?

What habit would you like to form to help with your procrastination? (work on one at a time)

Workable Habits are:

Simple

Value-based

Short

What type of person do you want to become?

Does the habit fit?

"Every action you take is a vote for the type of person you wish to become." - James Clear - Atomic Habits