

THE POWER OF MICRO HABITS

Building Blocks for a Better Life



Use these questions to help you better understand the contents of the guide. These questions will also help you better remember what you learned.

1. What is the success rate for people who set resolutions?
2. What is an alternative to setting resolutions?
3. What are the three elements of the habit loop?
4. What is a cue?
5. What is the definition of a habit according to Merriam-Webster's dictionary?
6. What are some examples of micro habits?
7. Why is brushing your teeth before bed considered a micro habit?
8. How do habits differ from willpower?
9. What is decision fatigue?
10. Why is willpower not a sustainable way to make significant life changes?

11. How do micro habits shape the course of your life?
12. How can micro habits lead to bigger achievements?
13. What is the difference between micro habits and resolutions?
14. Why is it important to focus on progress rather than perfection when building micro habits?
15. How can micro habits boost motivation and confidence?
16. What are the benefits of incorporating micro habits into your daily routine?
17. What is the first step in building micro habits?
18. What does the SMART framework stand for?
19. How can you track your progress and stay motivated when building micro habits?
20. What micro habits could support the goal of losing 20 pounds in 6 months?
21. How can you determine which micro habits will support your goals?

22. Why is it important to connect every micro habit to a concrete goal?
23. What are anchor moments, and how can they help implement micro habits?
24. What are some examples of potential anchor moments?
25. What are some mistakes to avoid when choosing your micro habits?
26. Why is it important to start with small and manageable micro habits?
27. How can focusing on the end goal create unnecessary pressure and stress?
28. Why is it important that micro habits don't feel like a chore?
29. How can you track your progress with micro habits?
30. Why is it important to be patient with yourself when building micro habits?
31. What is habit stacking, and how can it help incorporate micro habits into daily life?
32. What is the caveat to consider when stacking multiple habits?

33. How can you determine which micro habit to start with?
34. Why is it better to have one consistent micro habit than several inconsistent ones?
35. How can time blocking help with making time for your micro habits?
36. What are environmental cues, and how can they support your micro habits?
37. How can you eliminate environmental cues that trigger negative behaviors?
38. Why is consistency crucial for success with micro habits?
39. How does consistency contribute to continuous progress?
40. How can you make your new habit a daily routine?
41. What should you do if you miss one of your micro habits?