

Habit Pairing Task

Habit pairing simply asks you to pair a habit you don't like doing with one you do. The power of the feeling you get from doing the task you do like is greater than the negative feeling you have for the one you don't. As we've seen, the Smarter Method is about making small adjustments, not seismic changes. The Smarter Method also recognises that success cannot be achieved simply through the omission of things you don't like - almost every story in life will be peppered with good and bad. Instead, we can learn systems and processes that allow us to manage those tasks we don't enjoy in a way that makes them feel less painful.

Habit pairing is a brilliant way to passively create new habits. Here are some good examples:

- Listening to a podcast while doing the washing-up.
- Calling a friend on a long, boring train ride.
- Watching reality television at the gym.

Write down a list of up to five habits that you have previously tried to adopt, or up to five habits you would like to have.

Link them to your desired identity. For example, you might write 'Successful people would do this,' or 'A happy/healthy person would do this.'

Consider the time of day, environment or situation that these habits are usually linked to. For example, washing-up often takes place in the evening.

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Your five desired habits:

Time of day, environment
or situation that these habits
are usually linked to.

1.		
2.		
3.		
4.		
5.		

Now write a list of habits you find easy and enjoyable. The number of easy habits should be the same as the number of desired habits.

Five habits you find easy and enjoyable:

Time of day, environment
or situation that these habits
are usually linked to.

1.		
2.		
3.		
4.		
5.		

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Match each of these easy habits to one of the desired habits. Do this based on the time of day or the environment in which the habits would usually take place.

Desired Habit:

Easy Habit:

You should now have a clearly paired list of habits, and an understanding of when and where they should take place.

Continue to rework your list as you go, depending on how easy you find both tasks to complete alongside each other.