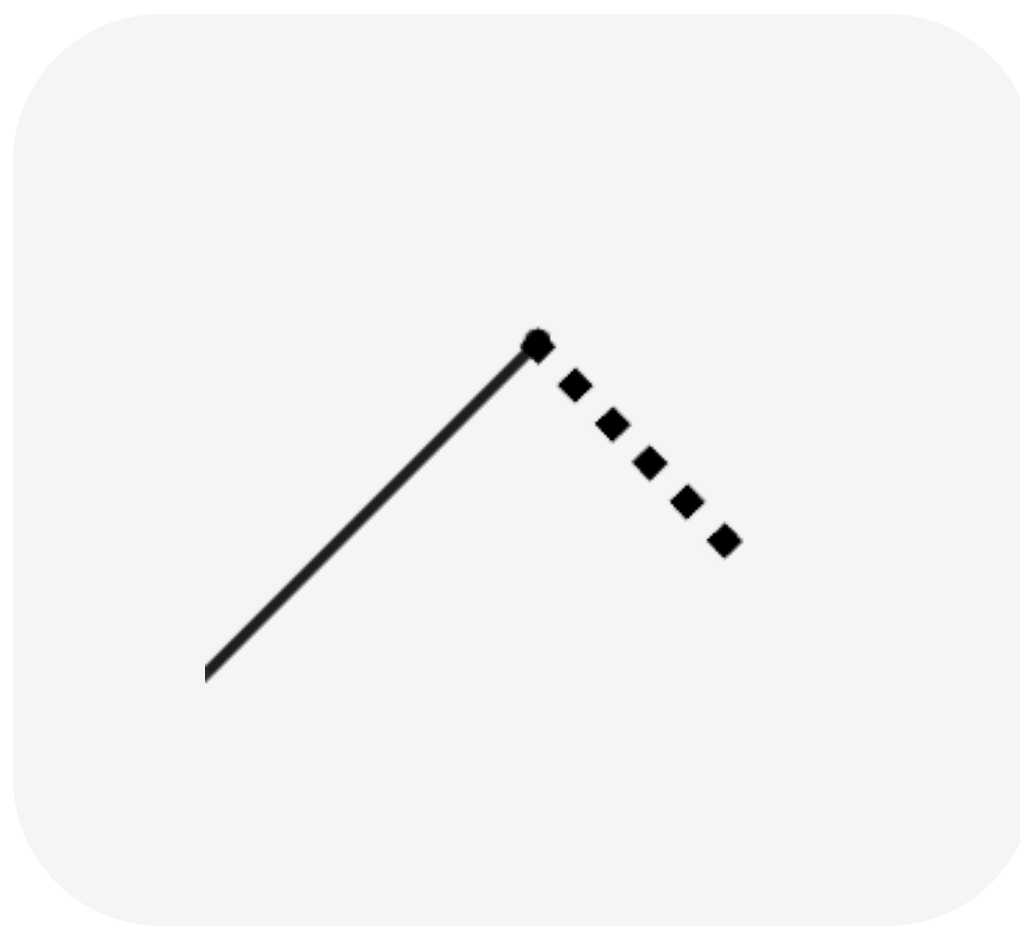




**TIP: Make your new habit visible to your colleagues or friends.**



DON'T LET A BAD DAY



DISTRACT YOU FROM THE PROGRESS YOU HAVE MADE.

## APRIL - CHANGE A HABIT

Changing a habit is not a linear process. There will be ups and downs along the way. Therefore, it is important not to focus on the downs but celebrate the small victories along the way. Even though it can be difficult to get back on track after a vacation, break, or similar, remember that every step towards the new habit is a success.

### Why is it so difficult?

Humans are creatures of habit, which is why it takes extra energy and focus to change a habit.

The human mind has two systems:

- System 1: It is automatic and acts on previous experiences and what we are used to doing.
- System 2: It is the system that can learn new things, make changes and create a new habit. Only 5% of our actions are controlled by our system 2, which perhaps is why the changing processes can be challenging.

### Tips for changing a habit:

- **Start with small changes in habits.**
  - If you want to lose weight, start by raising your desk a few times a day. Gradually add small changes in the direction of achieving your goal.
- **Consider your 'why',**
  - That is, the underlying reason why you want to change your habit. When it becomes difficult to maintain the habit, you can remind yourself by remembering your 'why'.
- **Make it visible,**
  - For example through a notification or a poster that remind you of the habit change.
- **Make it visible to friends, family, and colleagues.**
  - It helps to create commitment and engagement with people in your network.

| System 1<br>95% of our actions are governed by | System 2<br>5% of our actions are governed by |
|--|---|
| Habits   | Attention                                     |
| What we did yesterday                          | concentration                                 |
| Intuition                                      | Planning                                      |
| Instincts                                      | Analyse                                       |
| Routines                                       | Logical thinking                              |