

Cracking the Habit Code

21 days to keeping your resolutions

christine**CARTER**, Ph.D.

Day 18:

Never Say Never

christine**CARTER**, Ph.D.

18: Never say never

- * When we tell ourselves we can't have something, we want it more.
- * Don't deny -- postpone!
- * What do you make forbidden fruit?

18: Never say never

- * Think about your challenges and sticking points
- * How can you delay?
- * How can you remind yourself what your delay tactic is?

18: Never say never

* Corollary 1: Just get started

- The first push-up is always the hardest: once we've started, usually it is easier to continue
- Reward yourself for getting started
- Build this into either a turtle step or a tiny habit

18: Never say never

* Corollary 2: Do nothing

- Allow yourself the option of doing nothing
- Doing the one thing you **must** do is usually **better** than doing nothing...
- ...but not better than, say, cleaning the cat litter