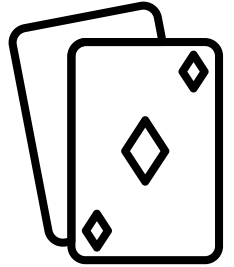




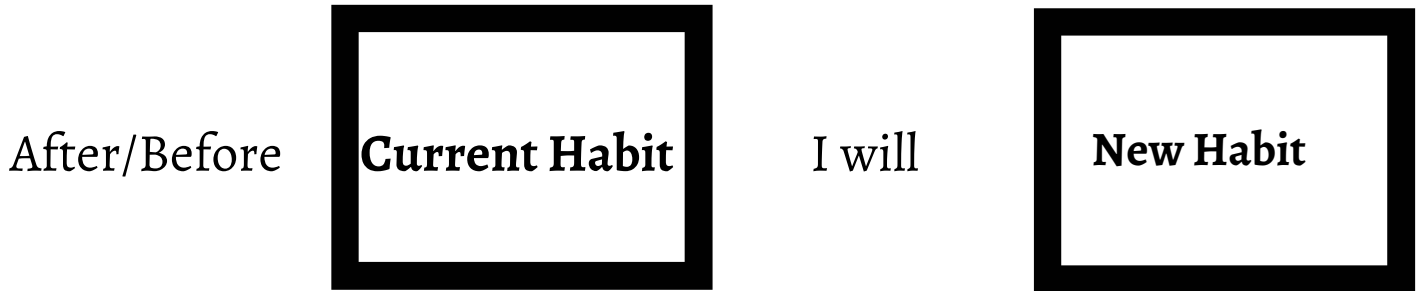
# Habit Stacking



**"Habits are the compound interest of self-improvement"**

James Clear

One of the best pieces of advice I gained for forming new habits is to get involved with something known as Habit stacking. Habit stacking is essentially a growth hack which involves pairing a new habit with an existing habit. The formula is said to be as follows.



## Examples

*After I sit down to dinner, I will say one thing I'm grateful for that happened today.*

*After I get into bed at night, I will give my partner a kiss*

Habit stacking increases the likelihood that you'll stick with a habit by stacking your new behavior on top of an old one.

***What new habits do you want to form? use the space below to jot some ideas down.***