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## Building a habit? Share your goal

No worthy result is obtained easily. I'm just saying it as it is.

Whether it's your job, raising a child, completing a marathon, or keeping off those 5 kilos.

Our brains resist forming new habits because it is hard work.

In my experience, founding my first habits using "The HABIT tracker" it took me 3-4 months where I did the same little exercise every day.

As a species, humans are poorly equipped to form new habits and re-wire our brains. Especially as adults.

This is further hampered by the time delay between doing the effort and reaping the benefit, causing us to either stop or procrastinate.

One simple thing you can do to trick your brain is:

- **Share your goal**

Tell another person about the habit you are building

In telling others about you become committed to doing it. Because we want to be consistent with what we say. And that is a simple way to get to work with all the small things underneath the 'surface' that are building blocks for your habit

For more materials and inspiration see: [www.growinghabits.online](http://www.growinghabits.online)

Stick with it