

## Building a habit of journaling

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One of the easiest ways to ensure you keep up with your journal is by making journaling a habit. Building a habit of regularly journaling can be more successful by considering the steps below:

### Make it obvious – make the “cue” for your habit something you can’t miss

- Use an implementation intention – *I will [behaviour] at [time] in [location]*.  
e.g. I will populate my journal at 8am each day at my desk.
- Use habit stacking – *After [current habit], I will [new habit]*.  
e.g. After arriving to work in the morning, I will check my tasks and events in my journal.
- Design your environment to make the cue of that habit visible.

### Make it attractive – make completing the habit of journaling more enjoyable

- Use temptation bundling by pairing an action you want to do with an action you need to do.
- Join a culture where doing regular journaling is the normal behavior.  
e.g. a journaling group like the JashiiCorrin Community.
- Create a “motivation ritual” by doing something you enjoy immediately before your journaling.

### Make it easy – eliminate barriers to completing your journaling habit

- Design your environment to make doing your journaling easy.  
e.g. setting up your desk or workspace so that all your materials are readily available.
- Reduce friction by decreasing the number of steps between you and your journaling habit.  
e.g. leave your journal open.
- Prepare your environment to make future journaling easier.  
e.g. leave your desk tidy.
- Use the two-minute rule; downscale your journaling habit to make a version that takes 2 minutes or less  
e.g. opening the notebook you use for journaling, or getting out your pens, etc.

### Make it satisfying – make completing the habit of journaling satisfying

- Use reinforcement by giving yourself an immediate reward when you complete your journaling.
- Use a habit tracker. Keep track of your habit streak and “don’t break the chain.”
- Never miss twice. When you forget to do your journaling, make sure you get back on track immediately.

## Breaking habits of procrastination

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To break your negative habits, for instance things that you might do to procrastinate your journaling:

### Make it invisible

- Reduce exposure by removing the cues of your bad habits from your environment  
e.g. put your phone in another room

### Make it unattractive

- Reframe your mindset to highlight the benefits of avoiding your bad habits.

### Make it difficult

- Increase friction by increasing the number of steps between you and your bad habits.
- Use a commitment device to restrict your future choices to the ones that benefit you.

### Make it unsatisfying

- Get an accountability partner who can help monitor your behaviour.
- Create a habit contract to make the costs of your bad habits public and painful.