

5 WAYS TO KICK A BAD HABIT FOR GOOD

Focus on one habit at a time.

You're more likely to succeed if you try to change one habit at a time.



Practice, practice, practice.

Repeat the behaviour you want to adopt over and over again. Try to make it fun and rewarding.



Give it time.

It takes at least three months for a new habit to form. Don't expect instant results. Stick with it.



Avoid triggers/enablers.

Avoid stores or online retailers if you're an impulsive shopper. Avoid spending time with people who encourage and enable your bad habit.



Practice mindfulness.

A simple mindfulness exercise like deep breathing can help you train your brain to feel calmer, less stressed, and less subject to temptation.



These tips were adapted from the LifeWorks podcast "Kicking a Bad Habit for Good," featuring Dr. Richard O'Connor, author of *Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior*.