

Facts and Myths about Habits

Fill in the gaps with the words from the box:

resolutions rewire implement discipline

1. Bad habits are easier than good habits (myth)

Many assume that bad habits are easier than good habits. That isn't true. Both are easy — you just need to 1) _____ your brain to be on track with the right habits! Bad habits only seem easier because you likely have trained yourself in the bad habit longer than the good habit. So, to change your habit, it simply takes time and 2) _____, and then that habit will become easier!

2. It takes, on average, around 66 days to change a habit. (fact)

There is a myth about 21 days. Don't buy it! Most likely you will not be able to 3) _____ your New Year's 4) _____ before February. In fact, it is hard to provide you with a number at all. It depends largely on the kind of routine you want to change. Research suggests that on average it takes around 66 days to change a habit. In the study, however, there were people who made it in 18 days and those who would have needed more than 250 days. Not to mention those who did not make it at all.