

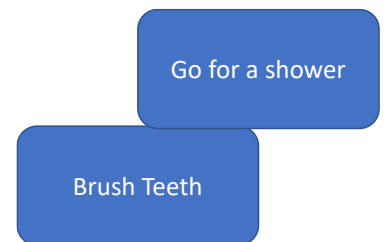
Habit Stacking

Taken from the best selling book by James Clear – Atomic Habits; **Habit Stacking** is the idea of joining up different routines so that one starts when the other one ends. The reason for doing this is that habits work when they are done automatically.

The less thinking you have to do about when you perform a routine, the better. Decision Making takes energy that can be better deployed to other things. Take the decision making out of your routines by using a habit stack

So how does this work exactly?

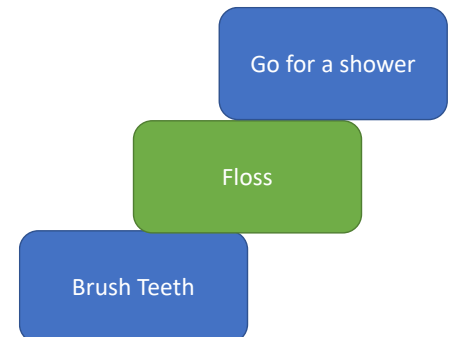
So I'll explain. What do you do after you brush your teeth? You might go for a shower. This is an example of a habit stack. But what if you wanted to do something new and create a new habit after brushing your teeth.



Example

My dentist told me I should start flossing daily between my teeth to prevent gum disease. This being a new habit meant I needed to include it somewhere in my daily routine. It made a lot of sense to insert it right **after** brushing my teeth, and **before** going for a shower.

So now I keep something called a **tepe brush** visible next to my toothbrush. It's a Habit Stack I trigger immediately after brushing my teeth. Its also helpful that its right there in front of my eyes so I can't miss it. In other words It's a visual cue. So now my habit stack looks like this



Is it ok to stack on top of a stack?

Absolutely. And this is the basis of many morning routines. Let's continue with the example above. What would you do after brushing your teeth. You may decide to have a shower. or to choose their clothes for that day, or check the weather on your phone or make breakfast. But what if you stopped giving yourself a choice? And you always did the same thing. Let's say stretching in the morning is a priority. Well a new habit stack could form after the first one.

For more great tips on Habit Formation, follow my content here on [LinkedIn](#) or on [Facebook](#)