

# Exercise Regularly

## By Applying The Principles of Atomic Habits



**Build small habits:** begin with a minimal effort and gradually increasing it by just 1% each day or week to build a consistent routine.

**The key to building lasting habits is to focus on creating a new identity first.** Shift your focus from "What do I want to achieve?" to "Who do I want to become?" Define the person you want to be, such as "I am a runner", and then prove it to yourself through small, consistent wins in your exercise routine.

### 4 RULES TO HELP YOU START AN EXERCISE ROUTINE

1

#### MAKE IT OBVIOUS

Create clear and visible cues or triggers that prompt you to exercise. The key is to create an environment and routine that makes it obvious and convenient to engage in physical activity regularly.

- 1. Set a Specific Time:** Schedule your exercise sessions at a specific time each day, making it a part of your routine. For example, "I will exercise for 30 minutes every morning at 7:00 AM."
- 2. Lay Out Workout Clothes:** Place your workout clothes, shoes, and any necessary gear in a visible and easily accessible location, such as next to your bed or by the door.
- 3. Use Visual Reminders:** Set up visual reminders, such as post-it notes or calendar alerts, to notify you of your exercise time or to-do list for the day.
- 4. Create a Dedicated Space:** Designate a space in your home for exercise, whether it's a small corner with a yoga mat or a home gym. When you see this space, it serves as a cue to work out.
- 5. Join a Class or Group:** Enroll in an exercise class or group that meets at specific times. Knowing you have a commitment and a set schedule can make it more obvious when it's time to exercise.
- 6. Technology and Apps:** Use fitness apps or wearable devices with reminders and notifications to prompt you to exercise regularly.
- 7. Buddy System:** Partner with a friend or family member for workouts. Accountability from someone else can make it obvious that it's time to exercise together.
- 8. Morning Routine:** Incorporate exercise into your morning routine, such as right after waking up or before your daily shower.
- 9. Trigger Activities:** Associate exercise with other activities you do daily, such as watching your favorite TV show or listening to a specific podcast, so it becomes part of your routine.

2

#### MAKE IT ATTRACTIVE

Find ways to make your workouts more enjoyable and appealing, such as choosing activities you love, exercising with friends, or incorporating music or entertainment during workouts. This will increase your motivation and enthusiasm for developing a regular exercise habit.

- 1. Choose Enjoyable Activities:** Opt for exercises or physical activities that you genuinely enjoy, whether it's dancing, cycling, hiking, or playing a sport.
- 2. Exercise with Friends:** Make exercise a social activity by working out with friends or joining group fitness classes. The social aspect can make it more enjoyable.
- 3. Incorporate Music or Entertainment:** Listen to your favorite music, podcasts, or audiobooks while exercising to make the experience more enjoyable and engaging.
- 4. Set Exciting Goals:** Establish exciting fitness goals or challenges that motivate you and make exercising more attractive.
- 5. Vary Your Routine:** Keep your exercise routine interesting by incorporating variety. Try different workouts, locations, or exercise partners to prevent boredom.
- 6. Invest in Attractive Gear:** Buy exercise gear that you find aesthetically pleasing and comfortable to wear and use. Feeling good in your workout attire can boost motivation.

## 3

MAKE IT  
EASY

Simplify the process of working out to reduce barriers and increase the likelihood that you'll stick to your exercise habit and gradually progress toward your fitness goals.



- 1. Choose Convenient Locations:** Select exercise locations that are easy to access, whether it's a nearby park, your living room, or a local gym.
- 2. Set Realistic Goals:** Start with achievable exercise goals that fit your current fitness level and schedule, making it easier to commit to regular workouts.
- 3. Schedule Workouts:** Block out specific times for exercise in your daily or weekly schedule, treating them as non-negotiable appointments.
- 4. Prepare Ahead:** Lay out your workout clothes and equipment the night before, so they're readily available when it's time to exercise.
- 5. Short Workouts:** Begin with short exercise sessions, even just 2-15 minutes, to reduce the perceived time commitment and make it easier to get started.
- 6. Start Slowly:** If you're new to exercise, begin with low-intensity activities to build confidence and gradually increase intensity as you become more comfortable.
- 7. Home Workouts:** Consider home-based workouts or bodyweight exercises, which eliminate the need for commuting to a gym.
- 8. Fitness Apps:** Use fitness apps or online resources that offer guided workouts and exercise routines you can follow at home or in a time-efficient manner.
- 9. Incorporate Physical Activity:** Include physical activity in your daily routine by walking or biking for transportation, taking the stairs, or doing quick exercises during breaks.
- 10. Accountability Partner:** Exercise with a friend or enlist a workout buddy who can provide motivation and make the experience more enjoyable.
- 11. Consistent Timing:** Choose a consistent time of day to exercise, which helps establish a routine and makes it easier to remember.
- 12. Track Progress:** Keep a workout journal or use fitness apps to track your progress and see how far you've come, motivating you to continue.

## 4

MAKE IT  
SATISFYING

Ensure that your workouts are rewarding and enjoyable. This will help you stay motivated and committed to regular physical activity. By making exercise satisfying and enjoyable, you can create a positive relationship with physical activity, making it more likely that you'll stick to your exercise habit over the long term.

- 1. Reward System:** Create a reward system for yourself, such as treating yourself to a favorite activity or item after completing a workout. This will reinforce the idea that exercise leads to positive outcomes.
- 2. Visualize Benefits:** Visualize the benefits of exercise, such as improved health, increased energy, and a sense of accomplishment, to make it more attractive.
- 3. Celebrate Progress:** Celebrate your fitness milestones and achievements to reinforce positive feelings about exercising.
- 4. Set Enjoyable Goals:** Define fitness goals that genuinely excite you and align with your interests, whether it's training for a fun run, mastering a new dance style, or improving a favorite sport.
- 5. Positive Associations:** Associate positive emotions with exercise by focusing on how it makes you feel, such as the post-workout endorphin rush, increased energy, or reduced stress.
- 6. Variety and Exploration:** Explore different types of physical activities and workouts to find what you enjoy the most, preventing exercise from becoming monotonous.
- 7. Intrinsic Motivation:** Discover the intrinsic rewards of exercise, like a sense of accomplishment, increased self-confidence, or improved well-being, rather than relying solely on external rewards.
- 8. Social Interaction:** Exercise with friends or join group fitness classes to make workouts a social and enjoyable experience.
- 9. Tracking Progress:** Use fitness apps or journals to track your progress and celebrate your achievements, creating a sense of satisfaction and motivation.