

Just Kick It



Scientists believe the key to kicking bad habits lies in understanding our mental patterns and working with the brain rather than fighting its natural processing system.

Have a bad habit, or two, you'd like to kick to the curb?

Find a replacement habit – a good one, that is!

Research shows that it's far more effective to replace a bad habit with a better one than to simply cut out the old habit.

Make changes to your routine or environment. New situations make you more aware of your behavior. Change your routine for the better, and welcome new habits.

Practice mindfulness – be present in every moment.

The fastest way to get from A to B, is to be fully at A.