

14-Day Self Growth Challenge

WITH COACH MOLLY K

Day 10 – Choosing your Habit Making Strategies

If you didn't figure out what your tendency is, pause, go back to yesterday's worksheet, and do that now.

Knowing your tendency can be key in successfully meeting your goals. Knowing your tendency can help you identify habits that will support you in creating your preferred future and life.

Gretchen Rubin's Four Tendencies framework came from her studies on habit change and development. Her book *Better Than Before*, gives an excellent run down about how our tendencies and other preferences impact our habits. Here is a link to Rubin discussing habit change: [CLICK HERE](#)

My favorite part of the *Better than Before* book is the "Habit Strategies." Having an "obliger" tendency, my key strategies include #6 - Accountability; #11 - Convenience; and #18 - Pairing.

Here is a list of Rubin's Pillars of Habits from her [BLOG POST](#)

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|------------------------|---|------------------|
| 1. The Four Tendencies | 9. Lightning Bolt | 15. Distractions |
| 2. Distinctions | 10. Abstaining | 16. Reward |
| 3. Monitoring | 11. Convenience (this is the most universal strategy) | 17. Treats |
| 4. Foundation | 12. Inconvenience (twin of Convenience) | 18. Pairing |
| 5. Scheduling | 13. Safeguards | 19. Clarity |
| 6. Accountability | 14. Loophole-Spotting | 20. Identity |
| 7. First Steps | | 21. Other People |
| 8. Clean Slate | | |

If you want to dive deeper into the habit strategies but don't want to read the book, check out this YouTube video: [Better than Before / Gretchen Rubin / Talks at Google \(50 minutes\)](#)

[CLICK HERE](#)

Looking forward to growing with you!

- Molly K.

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