

HOW TO DESIGN A NEW YEAR'S RESOLUTION THAT LASTS

Let's say you want to hit the gym more regularly this year. How do you make that happen? Consider putting the habit loop to use.

Here's how it works:

A habit is a 3-step neurological process. First, there's a cue, something that tells your brain to go into automatic mode. Then there's a routine. And finally, a reward, which helps your brain learn to crave the behavior. It's a basic formula you can use to create—or break—habits of your own.

Here's how to apply it:

Choose a cue, like leaving your running shoes by the door, then pick a reward—say, a piece of chocolate when you get home from the gym. That way, the cue and the reward become intertwined. Eventually, when you see the shoes, your brain will start craving the reward, which will make it easier to work out day after day.

The best part?

In a couple of weeks, you won't need the chocolate at all. Your brain will come to see the workout itself as the reward. Which is the whole point, right

