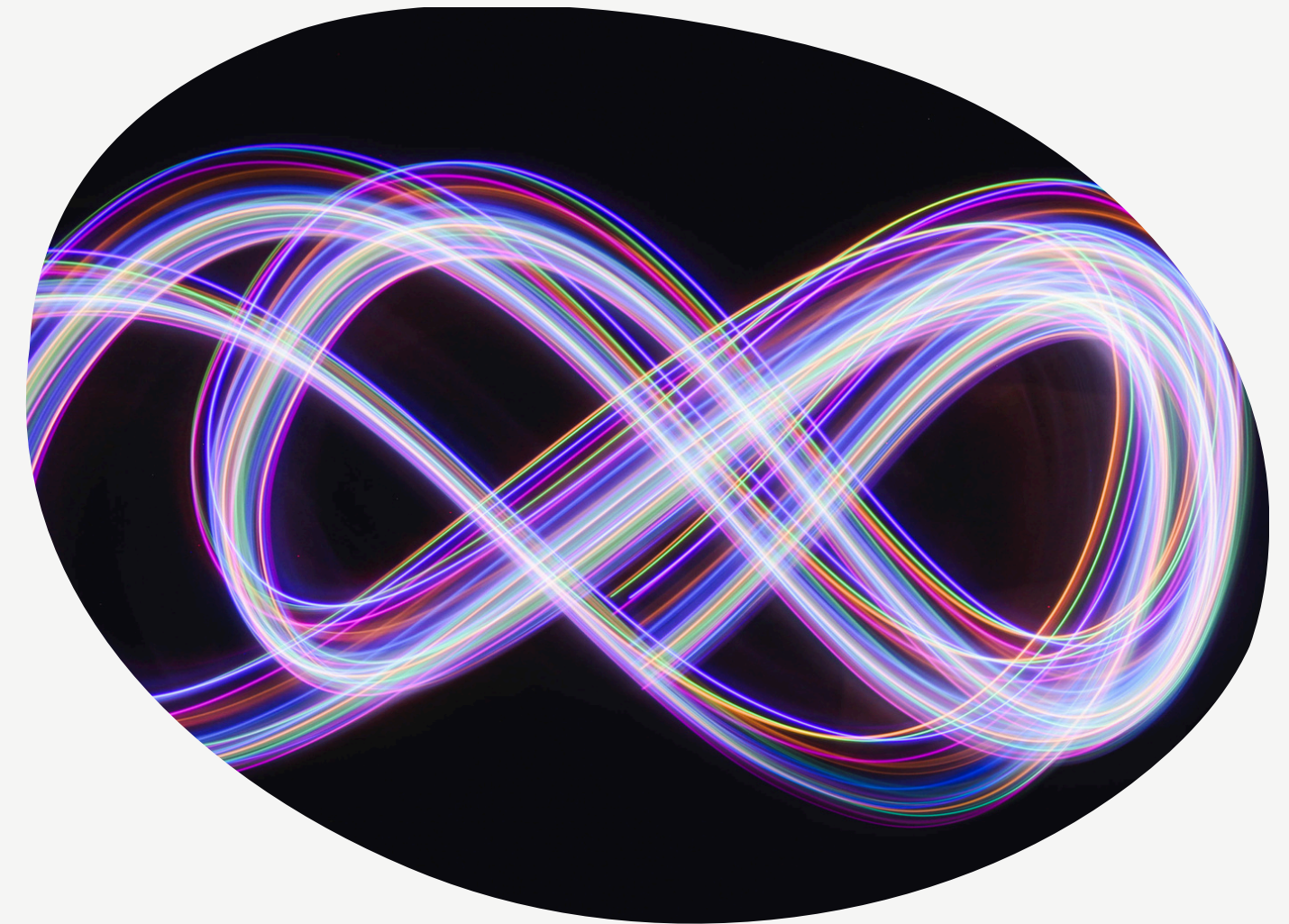


Habits, Systems & Routines



Presented by
Amit.Fi

GOALS VS SYSTEMS



GOALS = THE RESULTS YOU WANT

SYSTEMS = THE PROCESSES YOU FOLLOW DAILY

YOU DON'T RISE TO THE LEVEL OF YOUR GOALS, YOU
FALL TO THE LEVEL OF YOUR SYSTEMS

SYSTEMS CREATE CONSISTENCY; CONSISTENCY
CREATES SUCCESS

WHY SYSTEMS WIN



GOALS ARE TEMPORARY; SYSTEMS ARE LONG-TERM

ONCE YOU HIT A GOAL, YOU CAN FEEL LOST WITHOUT A SYSTEM

SYSTEMS FOCUS ON WHAT YOU CAN CONTROL EVERY DAY

GOOD SYSTEMS MAKE PROGRESS ALMOST AUTOMATIC

EXAMPLES – GOAL VS SYSTEM



GOAL: "LOSE 5 KG"

- SYSTEM: "WALK 30 MINUTES + EAT HOME-COOKED FOOD 5 DAYS A WEEK"

GOAL: "SCORE 80%+ IN EXAMS"

- SYSTEM: "STUDY 2 HOURS DAILY + REVISE WEEKLY + TEST MYSELF EVERY SUNDAY"

ROUTINES THAT SUPPORT YOUR GOALS



ROUTINES = REPEATED ACTIONS AT SET TIMES
(MORNING, EVENING, WEEKLY)

THEY REDUCE DECISION FATIGUE (“WHAT SHOULD I
DO NOW?”)

YOU DON’T NEED MORE MOTIVATION, YOU NEED
BETTER ROUTINES

EVEN A SIMPLE ROUTINE, DONE CONSISTENTLY, BEATS
A PERFECT PLAN DONE RARELY

DAILY ROUTINE ELEMENTS



MORNING: PLAN YOUR DAY, ONE IMPORTANT TASK, MOVEMENT, MINDSET (GRATITUDE/READING)

DAYTIME: FOCUSED WORK BLOCKS, SHORT BREAKS, HYDRATION

EVENING: REVIEW THE DAY, LIGHT LEARNING, PREPARE FOR TOMORROW

PROTECT YOUR ENERGY: SLEEP, FOOD, AND BOUNDARIES

WEEKLY ROUTINE ELEMENTS



WEEKLY PLANNING SESSION (15–30 MINUTES)

REVIEW GOALS AND PROGRESS

ONE “DEEP WORK” SESSION FOR IMPORTANT PROJECTS

TIME FOR REST, HOBBIES, AND RELATIONSHIPS

ADJUST NEXT WEEK BASED ON WHAT YOU LEARNED

HABIT FORMATION BASICS



HABITS ARE ACTIONS YOU DO AUTOMATICALLY

BUILT BY REPETITION, NOT MOTIVATION ALONE

SMALL HABITS DONE DAILY CREATE BIG CHANGE
OVER TIME

MAKE HABITS EASY TO START AND HARD TO AVOID

CUE – ROUTINE – REWARD (HABIT LOOP)



CUE – TRIGGER THAT STARTS THE HABIT (TIME, PLACE, EMOTION, EVENT)

ROUTINE – THE BEHAVIOR/ACTION

REWARD – THE BENEFIT YOU FEEL (SATISFACTION, RELIEF, PLEASURE)

REPEATING THIS LOOP WIRES THE HABIT INTO YOUR BRAIN

HABIT LOOP EXAMPLE



CUE: FINISH DINNER

ROUTINE: GO FOR A 15-MINUTE WALK

REWARD: FEELING LIGHT, REFRESHED, PROUD OF YOURSELF

REPEAT THIS OFTEN → WALKING AFTER DINNER BECOMES AUTOMATIC

DESIGNING GOOD HABITS



MAKE IT OBVIOUS – CLEAR CUE (ALARM, TIME, PLACE)

MAKE IT EASY – START SMALL (5–10 MINUTES)

MAKE IT ATTRACTIVE – PAIR WITH SOMETHING YOU ENJOY

MAKE IT SATISFYING – CELEBRATE SMALL WINS, TRACK PROGRESS

STACKING NEW HABITS (HABIT STACKING)



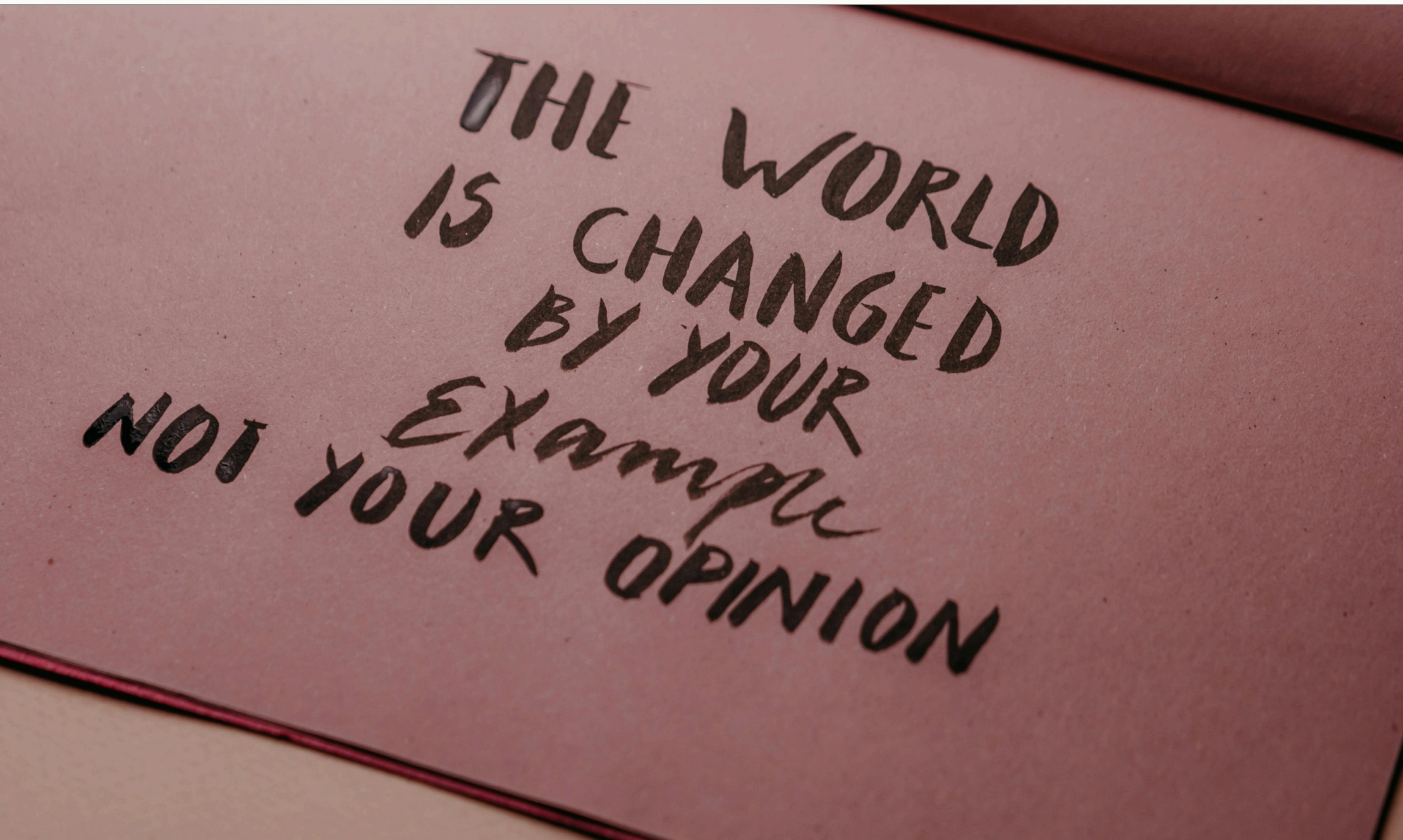
ATTACH A NEW HABIT TO AN EXISTING ONE

FORMULA: "AFTER I [CURRENT HABIT], I WILL [NEW HABIT]"

USES YOUR EXISTING ROUTINES AS ANCHORS

MAKES IT EASIER TO REMEMBER AND FOLLOW THROUGH

HABIT STACKING EXAMPLES



AFTER I BRUSH MY TEETH, I WILL MEDITATE FOR 3 MINUTES

AFTER I MAKE MY MORNING TEA, I WILL WRITE MY TOP 3 TASKS FOR THE DAY

AFTER I SIT AT MY DESK, I WILL WORK 10 MINUTES ON MY MOST IMPORTANT TASK

AFTER I LOCK MY PHONE AT NIGHT, I WILL READ 5 PAGES

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BUILDING ROUTINES AROUND YOUR GOALS



CHOOSE 1–2 KEY GOALS

ASK: “WHAT DAILY/WEEKLY HABITS WOULD NATURALLY LEAD TO THIS RESULT?”

ADD THOSE HABITS TO YOUR MORNING/EVENING/WEEKLY ROUTINE

USE HABIT STACKING + TIMEBOXING TO LOCK THEM IN

BE PATIENT WITH HABITS



NEW HABITS FEEL UNCOMFORTABLE AT FIRST

MISSING ONE DAY IS OKAY; MISSING MANY DAYS IS RISKY

FOCUS ON GETTING BACK ON TRACK, NOT BEING PERFECT

CONSISTENCY > INTENSITY

RECAP – HABITS, SYSTEMS & ROUTINES



GOALS GIVE DIRECTION; SYSTEMS AND HABITS
CREATE PROGRESS

BUILD ROUTINES THAT SUPPORT YOUR IDENTITY AND
GOALS

USE CUE–ROUTINE–REWARD AND HABIT STACKING

MAKE SUCCESS A DAILY HABIT, NOT A ONE–TIME
EVENT

THANK YOU