

5 Scientifically Proven Steps to Breaking Bad Habits

Bad habits – we all have them and reveal them in many different ways. Some may seem relatively harmless, like biting your nails. Others can have serious consequences like smoking or excessive drinking. Regardless of the severity of your habits, the same scientifically proven simple steps below works for helping you to break them. You can eradicate these habits once and for all, and so get back on track to that healthier, happier you.

What's the magic formula?

1. Understand why the habit exists in the first place. Most habits begin because we're not coping well with either stress or boredom. Figuring out the trigger for the habit goes a long way towards figuring out the best way to defeat it. So, take a good hard look at yourself over the next week. Write down those times when you found yourself slipping over the course of a week. Write down what happened JUST BEFORE you indulged in that habit too. Do you see any patterns? What do they tell you?

2. Get motivated. What do you want to change? Why do you want to change it? The 'why' is the important part here. List everything down. These are your motivators and they're going to keep you on track.

However, motivation goes way deeper than that. You need to start seeing YOU as a SUCCESS. You must picture that new you. How does it look? Hold that image close – that's going to be you before you know it. You can do this!

3. Make an action plan. Setting goals are great but you're going to fail if you don't also establish how you're going to get there. Break the goal down into smaller pieces. If you're wanting to quit snacking and eat healthier, then your plan might include creating a meal plan and creating shopping lists to keep you on track. You might want to take a cooking class. Schedule those things in. Then stick to the schedule.

4. Check your Progress. The last thing you want to do is to obsess over how you're doing but you do want to have regular check-ins with yourself. Gauge how far you've come. Did you slip up? No big deal if you did, just jump right back in where you left off - don't let yourself get derailed. Evaluate your goals. Do you need to do anything differently? Adjust your action plan if you need to.

5. Seek help from counsellors or coaches. When all else fails, it might be that you could use a hand. There's nothing wrong with asking for help especially from someone who understands what you're trying to accomplish.

While the steps might seem simple, the results will speak for themselves. You can ditch those bad habits once and for all. Don't you owe it to yourself to just try?