

audio book in chinese

📺【有声书】《微习惯》斯蒂芬·盖斯（完整版）一个能让好习惯极其容易养成的方法，还不...

Official website : <https://minihabits.com/>

### **What are Mini Habits**

To start a good habit, break it down a tiny step at a time.

Each time to practice the mini habits, it takes almost no effort.

Since it is so small, you don't need a strong resolution/will to start.

For example, 2 pages a day for reading, and 1 pushup per day for good health.

### **Good Practice**

If you have an abstract goal, define/analyze it in detail.

Asking why recursively until you find out the true "motivation" to develop a habit/goal.

Break these details into (tiny) mini habits.

You can work on the habits according to the specific time (fixed) or a certain event (flexible).

Have a weekly plan and work on the mini habits.

Make sure you have good (1-4) mini habits each day.

Don't overwhelm yourself with too many mini habits.

Keep mini habits rolling and it will become a sustainable habit after a certain period.

The momentum will go on, and your new habit will too.

Persistence (working on it every day) is crucial for mini habits.

When you have a strong willpower to do something, treat it as a bonus.

### **Some Rules**

- When training the mini habits, you can give yourself a little reward.
- Be happy but not satisfied with your improvement.
- Be clear and calm about your plan. Don't rely too much on your willpower.
- Be specific about your habits.
- If there is resistance, you might need to redefine your mini habits.
- Remind (frequently) yourself that the mini habits are easy to achieve.
- Record (both negative and positive) and track status. Write them down on paper.
- Mini habits should be easy to achieve. It is so easy that you can't refuse.
- Don't refine mini habits by increasing the "mini" threshold.
- Be patient and persistent.
- You can be confident and happy with what you work on the "mini" things.

### **Words of wisdom**

When mini habits make you feel successful, success will become a habit.