

HOW LONG DOES BUILDING A NEW HABIT TAKE?

The 21-day rule to build a habit originates from surgeon Maxwell Maltz's book about his patients needing a minimum of 21-days to adjust to new bodies.

New research from University College London showed an average of 66 days needed to form a new habit.

Habit forming tips:

1. Be positive about the new habit to have it stick faster
2. Talk about your new habit with friends and family
3. Don't worry about achieving certain numbers
4. Take it slow: one day at a time
5. Set micro habits for support
6. Bundle new habit with a pleasant activity
7. Make the new habit easily accessible
8. Think about the new habit and make a plan