

Become Unstoppable: *How to Make Working Out a Habit*

Chain your new habit to something you are already doing.

Fantasize about the grind.

Make the thing before the thing the goal.

Dictate your environment.

Keep things as simple as possible.

Keep a workout + diet journal.

Commit for the super short term.



Choose your homies with care.

Lapses are okay, but get back on track ASAP.

Eliminate friction.

Seriously, don't beat yourself up over one missed workout.

Build your own habits, your way.

Chains of habit are too light to be felt until they are too heavy to be broken.

Warren Buffett