Become Unstoppable: How to Make Working Out a Habit

Chain your new habit to something you are already doing.

Make the thing before the thing the goal.

Keep things as simple as possible.

Commit for the super short term.

Lapses are okay, but get back on track ASAP.

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

Fantasize about the grind.

Dictate your environment.

Keep a workout + diet journal.

Choose your homies with care.

Eliminate friction.

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