

## The Power of Habit.

We all have habits, some good some not so good!

How can we change our habits to improve our planning, to help us meet our goals and targets.

If you have ideas for future episodes please send them to steve at philofaxy dot com

### Show Notes (timings approximate)

00:00 - Introduction

01:00 - [The Power of Habit - Charles Duhigg](#)

03:00 - Planning consistently

04:00 - Examine your routines to look for improvements

05:00 - What isn't working?

07:35 - Don't make big changes

08:00 - [Zen To Done: The Ultimate Simple Productivity System Book by Leo Babauta](#)

10:00 - Don't try to take on too many changes, one step at a time.

11:30 - [Zenhabits](#)

14:00 - Habits that Steve has picked up that are a success

17:00 - Getting in the mood to do planning

20:00 - Give yourself some thinking time

21:00 - Steps to a goal

23:00 - Have a habits tab

25:00 - Write things down

26:00 - Showing what you have achieved, recording the tasks you have been working on.