



What happens in your body ...

When you build a habit

Imagine you're in the woods (go with us here) on a well-worn path you've taken plenty of times before. It's clear, it's easy, and you know exactly where it'll take you.

But what if you want to go somewhere new? You'll have to chart a fresh path. It might feel different at first and it'll take some time to get used to, but pretty soon it'll feel like second nature. That's what's happening in our brains every time we repeat an action that leads to us forming a new habit. It's called neuroplasticity, and it means that we can *literally* change our brain (seriously).

WHAT TO DO

Use the steps below to form new pathways that will help you get closer to your long-term goals.

1

Think big-picture.

Identify a long-term goal you're looking to accomplish. Maybe it's running a marathon, losing a certain amount of weight, or becoming a better cook. Set whatever your intention is by writing it down.

2

Pinpoint an old path.

Is there one that's just not working anymore, and inching you further from what you're actually trying to do? Is it that you go straight for the TV remote when you're bored or automatically grab a takeaway for dinner? No judgment!

3

Choose a new path.

What will ultimately get you closer to your goal? Next time, consider trying a short FitOn workout in the WW app when you're bored or try mastering a simple-to-cook meal. Jot your ideas down!

4

Make a plan.

List when you could choose a new path instead of a well-worn one. Those are "choice points." Remind yourself of your intention and look for your choice points daily. The more you take that new route, the stronger the connections between the choice point and your action will become.

