



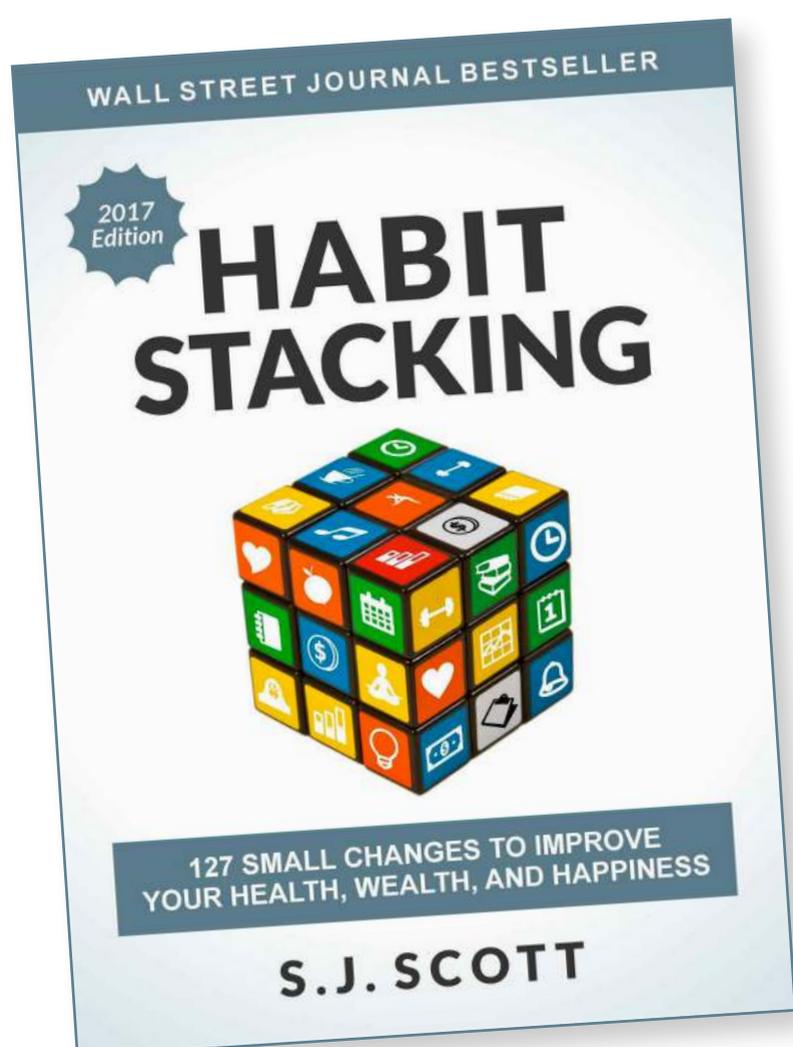
# S.J. Scott maps out routine for professional and personal growth

## Give your daily routine new meaning with these tips for success

In my ongoing quest for professional and personal growth, I'm always checking out new books related to leadership and business strategy.

One tome that recently caught my attention is *"Habit Stacking: 127 Small Changes to Improve Your Health, Wealth and Happiness"* by S. J. Scott.

I highly recommend paging through *Habit Stacking* for ideas and advice on incremental steps we can all make toward becoming our best selves.



### PROVEN RULES FOR A HABIT-STACKING ROUTINE:

- **Attach the stack to an existing habit.** The simplest way to remember a stack is to do it right before or after a habit.
- **Complete each habit in five minutes or less.** It's a basic unit of time where you can accomplish a surprising number of things.
- **The entire routine should take under 30 minutes.** You'd be surprised at how many "little things" can be squeezed into a half hour.
- **Build daily, weekly and monthly stacks.** Put these stacks into your calendar so you'll follow up on them.
- **Each small habit should be a complete action.** There should be an obvious starting and stopping point.
- **Pick simple-to-complete activities.** Do it quickly and then immediately move on to the next action.
- **Map out a logical progression for each routine.** The entire regimen should flow like a well-oiled machine.
- **Use a checklist to manage the process.** This should be a set of actions done the same way, in the same order, each day.
- **Include habits that relate to your priorities.** These should be outcomes YOU want to achieve – not what others want from you.

How are you incorporating habit stacking into your business strategies and personal goals? I always love to learn from others, so please do get in touch.

- Filip

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