

GREATER: An acronym for building new habits

G

Goal: What's your goal? Write it down. Studies show you're more likely to follow through if you commit to something in writing.

R

Reason: Why do you want to adopt a new behaviour? Knowing why a goal is important to you can help keep you motivated.

E

Enthusiasm: How motivated are you? Rank your motivation from 1-10. If your motivation is low, you'll find it hard to keep going.

A

Action: What's an achievable action? Think about the steps you'll take to reach your goal. Be specific and start small.

T

Trigger: What cues/prompts will you use? A trigger is something that acts as a reminder and a prompt.

E

Entrench: How will you make this new habit part of your routine? Repetition is important, here.

R

Reward: How will you celebrate your success? Rewards are important, otherwise the habit will feel like a chore.

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habits in the Groov app →

