

## What Would be Better Than Nothing?

"All our life, so far as it has definite form, is but a mass of habits."  
—William James

**(1) How can you strip down the routine or behavior you'd like to get into so that it is so ridiculously easy you could do it every day with barely a thought?** Think about doing one push-up instead of 15, meditating for only one minute, replacing one unhealthy snack with carrots and hummus. You'll be able to expand your habit later.

**(2) Evaluate your "Better Than Nothing" habit.** Is it truly ridiculously easy? Wildly unambitious? Will it take no time at all to accomplish? If not, try cutting your routine in half again, here:

**(3) Why is this habit better than nothing?** For example, a one-minute meditation is relaxing and restful to the nervous system; walking out the door to the street will get you outside, which is always good even for a very short time. If your BTN habit doesn't actually seem better than doing nothing, consider that you are *getting started* at something, and initiating a behavior is often the hardest part. Plus: You are establishing the neural pathway in your brain for this new habit, which makes it much more likely that you'll succeed with something larger or more ambitious down the line.