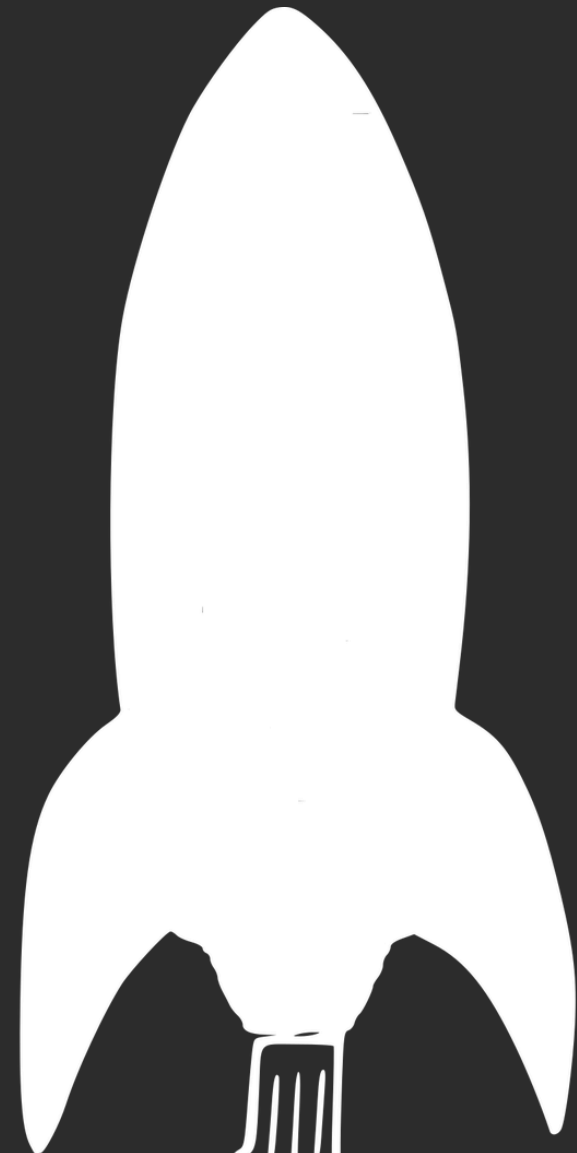


K&A

KNITTER AND
ASSOCIATES

10 tips
to become
37 times better
at anything



01

Execution

The execution of a new habit and the constant repetition creates routine in the brain. With routines, our brain works efficiently, unlike when it is faced with new situations or problems.

02

Environmental attractiveness

Make your environment attractive and conducive. This will make it easier to adopt the new habit. In contrast, you can make the environment as unattractive as possible if you want to break a habit.



03

Strength

Choose a new habit that suits your strengths. Try out different possible habits to identify your strengths.

04

Combination

Link a desired habit to existing ones that you enjoy doing. For example, put a good cup of coffee next to the laptop.



05

Simplicity

Your new habit needs to be as simple as possible, so you don't have to overcome a hurdle to do it. Start with an activity that takes a maximum of 2 minutes.

06

Motivation

We are most motivated by tasks that are not too easy, but also not too difficult i.e., tasks that succeed our current performance level by 4%.



07

Reward

Reward yourself when you have performed a new desirable habit or make it as attractive as possible. For example, listen to your favorite music while doing the new habit.

08

Visibility

Make your progress visible by calendar entry when you have done the new habit or by reporting to someone. This way you focus on the process and not on the goal, which may still be a long way off.



09

Reflection

Regular reflection on your level of performance, potential for improvement, values and benchmarks will help you stay on track.

10

Perseverance

Perseverance helps you when repetitive activities become boring and your motivation decreases. It also means taking on new challenges to develop and master these skills.



SUMMARY

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TIPS

- 01 EXECUTION
- 02 ENVIRONMENTAL ATTRACTIVENESS
- 03 STRENGTH
- 04 COMBINATION
- 05 SIMPLICITY
- 06 MOTIVATION
- 07 REWARD
- 08 VISIBILITY
- 09 REFLECTION
- 10 PERSEVERANCE

Impact that matters.