

3 Simple Way to Make Exercise a Habit

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STRATEGY 1

Develop a ritual to make starting easier.

If you can find a way to make getting started easier, then you can find a way to make building a habit easier.

For example, you could set your intention to exercise by filling out this sentence:

During the next week, I will exercise on [DAY] at [TIME OF DAY] at/in [PLACE].

One research study showed that people who filled out this sentence above were 2 to 3 times more likely to exercise over the long run.

STRATEGY 2

Start with an exercise that is ridiculously small.

The best way to make exercise a habit is to start with an exercise that is so easy that you can do it even when you are running low on willpower and can't get motivated to work out. In the words of Leo Babauta, start with something that is so easy you can't say no.

Focus on finding a way to get started in just 2 minutes rather than worrying about your entire workout.

Struggling to find motivation to go for a run? Just fill up your water bottle and put on your running shoes.

STRATEGY 3

Focus on the habit first and the results later.

Build the habit first, worry about the results later.

One way to do this is to set an upper limit on your behavior.

For example: One member of our community, Mitch, set a rule for himself where he couldn't stay in the gym for more than 5 minutes at the beginning. He had to go every day, but he wasn't allowed to stay for 6 minutes. After doing that for a month or two, he had established a routine of going to the gym and he started to focus on doing more difficult workouts.

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