

書中提到了：

好習慣的養成

There are 4 laws of creating a good habit:

1. Make it obvious
2. Make it attractive
3. Make it easy
4. Make it satisfying

打破壞習慣的法則

1. Make it invisible
2. Make it unattractive
3. Make it difficult
4. Make it unsatisfying

Law 1: Make it invisible

Ex. Removing the dictionary or google translate to stop yourself from auto-checking.

Law 2: Make it unattractive

Ex. 中翻英的步驟

Ask ourselves: 為什麼需要這個步驟？

Reason: Reduce uncertainty 減少不確定性

怎麼辦呢？→ **Reframing** / 重新檢視減少不確定性的慾望

Law 3: Make it difficult

- Turn your phone to airplane mode
- Have your girlfriend reset the password for you and only give you the new password if you completed the work.

Law 4: Make it unsatisfying

Habit contract

- If you cannot reach 50 repeated actions in 3 months, you will have to dress in suits to work everyday. Pay \$500 to your wife...etc.