
Start Your Keystone Habit Today!

The term "keystone habit" was popularized by Charles Duhigg in his book, *The Power of Habit*. **Keystone habits are specific habits that create a ripple effect, triggering the development of other positive behaviors and changing the overall pattern of our daily routines and actions.**

There are numerous key reasons to develop Keystone Habits:

1. **They are a catalyst for other habits:** Keystone habits act as a catalyst for building other positive habits. When you adopt a keystone habit, it has the potential to create a domino effect, leading to the formation of other beneficial behaviors. For example, regular exercise might become a keystone habit that leads to better eating habits, improved sleep patterns, and increased productivity.
2. **They create momentum:** Keystone habits can generate a positive momentum that spills over into other areas of life. When you experience success in one aspect of your life, it often boosts your confidence and motivation, making it easier to tackle other challenges and adopt additional positive habits.
3. **They anchor routines:** Keystone habits can act as anchors for your daily routines. By establishing a keystone habit as a consistent part of your routine, you create a stable foundation from which to build other habits and make other positive changes in your life.
4. **They influence your mindset and identity:** Adopting a keystone habit can influence your mindset and sense of identity. For example, if you start identifying as a "runner" because you've developed a habit of running every day, it becomes easier to make choices aligned with that identity, such as eating healthier and staying disciplined in other areas of life.
5. **They have long-term impact:** Keystone habits often lead to lasting changes because they address core aspects of our behavior and lifestyle. These habits become ingrained over time, leading to sustainable improvements in our lives.

Examples of keystone habits to consider adopting as your own:

- Regular time invested with God and his Word
- Scripture and prayer before phone and social media
- Regular exercise
- Specific nighttime and/or morning routines
- Goal setting on a regular basis
- Utilizing a daily planner
- Practicing gratitude and thankfulness
- Getting sufficient sleep
- Investing time and energy into key relationships
- Eating together as a family
- Weekly worship and Bible study

Key Keystone Habit Tips:

- Start small and build
- Treasure your locked-in routines and your decrease in needed decision making
- Find a mentor; be a mentor

In summary, keystone habits are important because they initiate **a chain reaction of positive changes** in our behavior, routines, and mindset, **leading to significant and lasting improvements in various areas of our lives.**