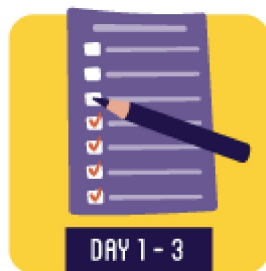




Happiest 2022! Well, it's that time of the year when we try building new habits. From "I'll start eating healthy from Monday" to "Nah, I'm too busy for this. I'm done trying", have you had difficulties with building habits?

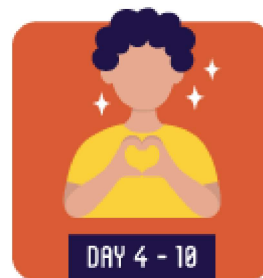
If so, not anymore because all you've got to do is hang in there for 21 days! Yes, it takes at least **21 days** to form a new habit as per renowned psychologist Dr. Maxwell Maltz.

So hop on as we begin a journey to a healthy you with an Expert suggested guide to forming a habit within 21 days.



How's the josh? High sir!

This is where the motivation and zeal to start a new habit will be at their peak, for most of us. Clear goal setting, planning, and scheduling the day can help you well in the initial days



The ultimate break-through

As per studies, most people quit between these days. To avoid giving up, positively reinforce yourself through self-affirmations and ask yourself why you started this at first.



Hurray! You're halfway there!

You've already got the groove and are halfway done. Experts recommend collaborating with like-minded people to feel more motivated and help you deal with small setbacks.



Loading...90% done

Now you will be associating new habits at an unconscious level. Marking calendars by jotting down the milestones or taking pictures to look back to see how far you've come.



Celebration time!

Kudos to you! Your new habit has probably become a part of you. Focus on integrating this habit into your routine, as studies show that 50% of our daily actions are driven by repetition.

So you see, forming a new habit can be as easy as ABC, if you feel motivated and follow such steps by determining what works best for you!

If you're still wondering more ways to stick to your habits, our Experts are here to guide you.

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For further queries or concerns, please reach out to us at campus@yourdost.com.

**Standing with you,
Team YourDOST**
