

The

Little Challenges

A to Z

of

BEHAVIOUR

CHANGE

Katie Elliott



Attention Restoration Theory

Time spent in the natural world paying 'effortless attention' leads to improved concentration, greater self-discipline and reduced stress.

[Find out more](#)



Bright Line Rule

A rule that is so clear you can easily tell if you have broken it or not. Example: "I only eat cake after 6pm." Helps to reduce decision fatigue.

[Find out more](#)



Circle of Control

A way to distinguish between what is and isn't within your control, so you can focus on the former and let go of the latter. Helpful for anxiety.

[Find out more](#)



Distraction Batching

Allocating clearly-defined time for rabbit-hole activities like checking social media, rather than doing them randomly throughout the day.

[Find out more](#)



Environment Design

Design your environment to 'nudge' you to behave in the way you want, using triggers to prompt 'good' habits and friction to discourage 'bad' ones.

[Find out more](#)



Four Tendencies

Want to get people - including yourself - to do what you want? It can help to know your 'tendency': Upholder, Questioner, Obliger or Rebel.

[Find out more](#)



Gratitude

A weekly practice of writing down 3 to 10 things you're grateful for is proven to bring a wide range of physical and psychological benefits.

[Find out more](#)



Habit Formation

Once you know how habit formation works, you can build, break and stack habits to your heart's content. Game-changer.

[Find out more](#)



Indistractibility

In a world that's constantly trying to attract our attention, the ability to focus is an increasingly valuable, learnable, skill.

[Find out more](#)



Journalling

A daily writing practice can help to improve mental health, reduce stress, enhance self-awareness and support recovery from trauma.

[Find out more](#)



Kindness

It doesn't seem to matter who you're kind to - yourself, people you love, people you don't even know - any kind of kindness makes us feel good.

[Find out more](#)



Labelling Emotions

Simply naming difficult emotions (known as 'affect labelling') can be enough to reduce activity in the amygdala, making the feelings easier to cope with.

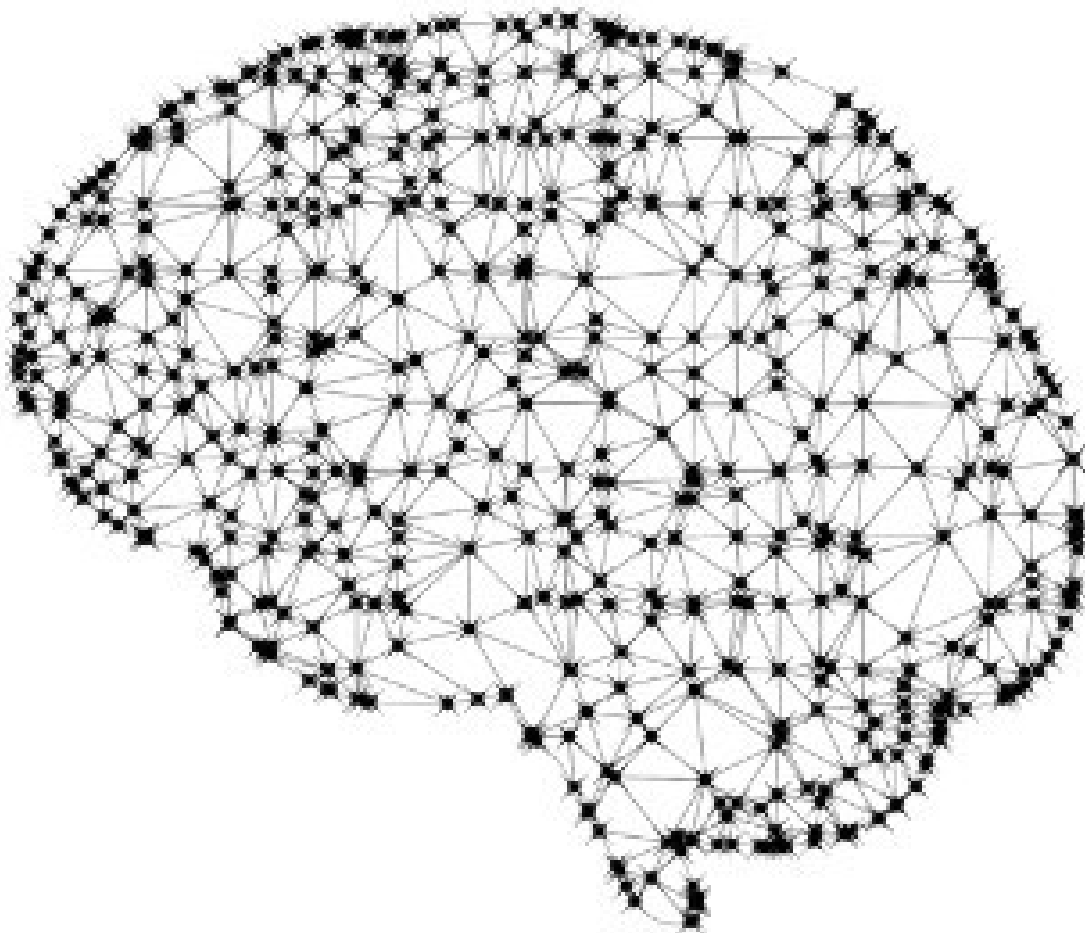
[Find out more](#)



Mistake Diary

Fear of making mistakes can lead us to play things safe, at the cost of our personal growth. Keeping a diary of mistakes made (and lessons learned) can help.

[Find out more](#)



Neuroplasticity

Our brains change and grow throughout our lives, shaped by our thoughts, behaviour, emotions and environment. Think it's too late to change? Think again.

[Find out more](#)



OK Plateau

At first, learning new things demands our focused attention. Later, when we can do them just well enough to meet our needs, we start operating on autopilot - and stop improving.

[Find out more](#)



Posture

Choosing to adopt an upright posture in stressful situations can boost confidence, improve mood and reduce fear and self-consciousness.

[Find out more](#)



Quick Bursts

Stuck? Procrastinating? Set a time for two minutes and find one tiny action you can take to get things moving again - a 'next right step'.

[Find out more](#)



Redemptive Stories

A way of framing the events of our lives, no matter how painful, as meaningful and ultimately positive. In contrast to 'contamination stories'.

[Find out more](#)



Systems vs Goals

A goal is a useful direction to head in, but doesn't necessarily give you the tools or a sustainable approach to get you there. That's where systems come in.

[Find out more](#)



Temptation Bundling

Combine activities you need to do (but avoid) with ones you love (but don't have time for). Example: work out in front of your favourite TV show.

[Find out more](#)



Unconscious Thought Theory

A theory that suggests we are better at solving complex problems when not consciously thinking about them. Good excuse to take lots of breaks.

[Find out more](#)



Voluntary Discomfort

A Stoic practice in which you choose to experience discomfort (or avoid comfort).
Helps to develop self-control, resilience and gratitude.

[Find out more](#)



Willpower

An unreliable way of getting yourself to do things since it wears out as the day goes on. Use environment design and habits for better results.

[Find out more](#)



EXercise

Ok, so it doesn't actually start with an 'x'. But it deserves a mention. Can be as effective at treating some types of depression as medication. Countless benefits for both body and mind.

[Find out more](#)



'Yes...damn!' Effect

You know when you say yes to something in the future and then, when the time comes around, wish you hadn't? Who knew that had a name?

[Find out more](#)



Zeigarnik Effect

Our brains repeatedly remind us of unfinished tasks so they don't get forgotten, which can lead to mental overwhelm. Scheduling time to deal with them can help switch this off.

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