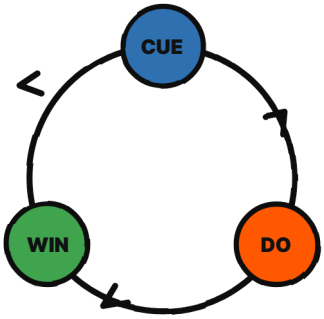
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A MAXADEMY MINI-GUIDE

Habits & Consistency

Lasting health is built from small habits repeated. Here's how to design habits that actually stick after 50.



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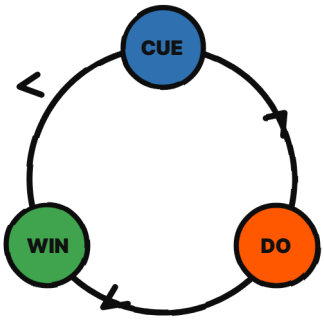
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CHAPTER 1 · HOW HABITS WORK

The Habit Loop

Almost every habit follows a simple loop: a **cue** triggers a **routine**, which delivers a **reward**. The reward makes your brain want to repeat it next time the cue appears.

Understanding this loop is powerful. To build a good habit, you design a clear cue, an easy routine, and a satisfying reward. To break an unhelpful one, you change the cue or the reward.



Cue → Routine → Reward, repeated.

CHAPTER 2 · THE SECRET TO STARTING

Make It Small

The most common reason habits fail is that we start too big. Motivation comes and goes; a habit small enough to do on your worst day is the one that survives.

- Shrink the habit until it feels almost too easy.
- "One glass of water" beats "drink more water."
- "A five-minute walk" beats "exercise every day."
- You can always do more — but the small version is the promise you keep.

> **TRY THIS**
>
> Take the habit you want and cut it in half, then in half again, until it feels easy. Start there. Size is something you can grow later.

CHAPTER 3 · THE TRIGGER

Anchor It to Your Day

New habits stick best when attached to something you already do every day. The existing routine becomes the cue for the new one.

- "After I pour my morning coffee, I'll take my vitamins."
- "After I brush my teeth, I'll do two minutes of stretching."
- "After dinner, I'll take a ten-minute walk."

> **TRY THIS**
>
> Finish this sentence: "After I _____, I will _____." A clear anchor turns a vague intention into a reliable trigger.

CHAPTER 4 · SHAPE YOUR ENVIRONMENT

Make Good Easy, Bad Hard

Willpower is unreliable. It is far easier to make the healthy choice the obvious, convenient one — and the unhealthy choice a little harder to reach.

- Keep healthy food visible and ready; keep treats out of sight.
- Lay out walking shoes where you'll see them.
- Add a small step between you and a habit you want less of.

> **TRY THIS**
>
> Make one healthy choice easier and one unhealthy choice harder today. Your surroundings quietly steer your behavior — use them.

CHAPTER 5 · THE REAL GOAL

Consistency Over Perfection

You will miss days. Everyone does. What matters is not perfection but getting back on track quickly. The damage is rarely the missed day — it is letting one miss become many.

- Track the days you complete the habit.
- If you miss a day, never miss two in a row.
- Aim to show up, not to be flawless.

Use the worksheet to design one habit, anchor it, and start tracking it.

Worksheet: Design a Habit

Design one small habit using the loop, then track it for two weeks.

The habit I'll build (make it small):

It happens right after (my anchor): "After I _____ , I will _____."

My reward:

Day	Done ✔	How it felt

Key Takeaways

1. Habits follow a loop: cue → routine → reward.
2. Start smaller than feels necessary — small habits survive bad days.
3. Anchor a new habit to something you already do daily.
4. Make the healthy choice easy and the unhealthy choice a little harder.
5. Consistency beats perfection; if you miss a day, never miss two.
6. Track it — visible progress keeps you going.

Want help putting this into action?

Join Dr Max for a live Healthy After 50 session to design habits that fit your life and finally stick.

Join Dr Max Live →

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