



1



2



3



4

H
A
B
I
T

D
Novelty Rewards

O
Warmth Bonding

S
Mood Anxiety

E
Pleasure Satisfaction

GE

5



6

H
A
B
I
T

D
Novelty Rewards

O
Warmth Bonding

S
Mood Anxiety

E
Pleasure Satisfaction

GE

7

H
A
B
I
T

D
Novelty Rewards

Cocaine
Heroin
Alcohol
Sugar
Innovation
Novelty
Getting things done

MORE

GE

8



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Outcome Goals

H
A
B
I
T

- Become healthy
- Publish a paper

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Outcome Goals

H
A
B
I
T

S	Specific	→	What do you want to achieve in your area of focus?
M	Meaningful	→	Why is this goal important to you?
A	Action Oriented	→	What steps will you take to achieve it?
R	Realistic	→	How do you know that you can achieve this goal?
T	Timely	→	By when do you want to achieve this goal?

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Outcome Goals

H
A
B
I
T

- Become healthy

(S) I will run 10k under 1h, (T) by June 2021, (M) because I want to feel in control of my physical health, (A) and I will do this following a weekly training routine. (R) I know I can do this as I run 5k once a week already.



Outcome Goals

H
A
B
I
T

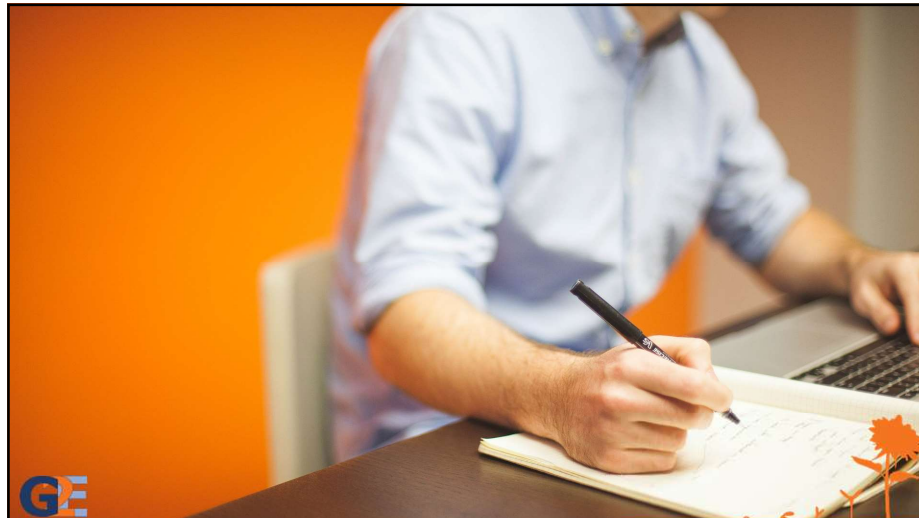
- Publish a paper

(S) I will write the material and methods chapter, (T) by next week Friday, (M) because I want to feel in control of scientific output, (A) and I will set up a meeting with my promotor one week later to discuss the draft chapter. (R) I know I can do this as I already have the required graphs and data.



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Outcome Goals – the challenge

H
A
B
I
T

- Become healthy

Run 10k

Assumes prior routine

Uncertain

Unending

- Publish a paper

Write a chapter

No guarantee = No dopamine

- Finish my emails

Answer all the received emails



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Process Goals

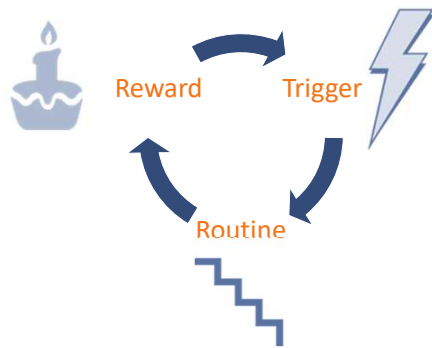
- Run 3 times per week, minimum 30min.
- Spend 1h per day writing on a part of the paper.
- Spend 3times 30min per day on processing my inbox.

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Building process habits

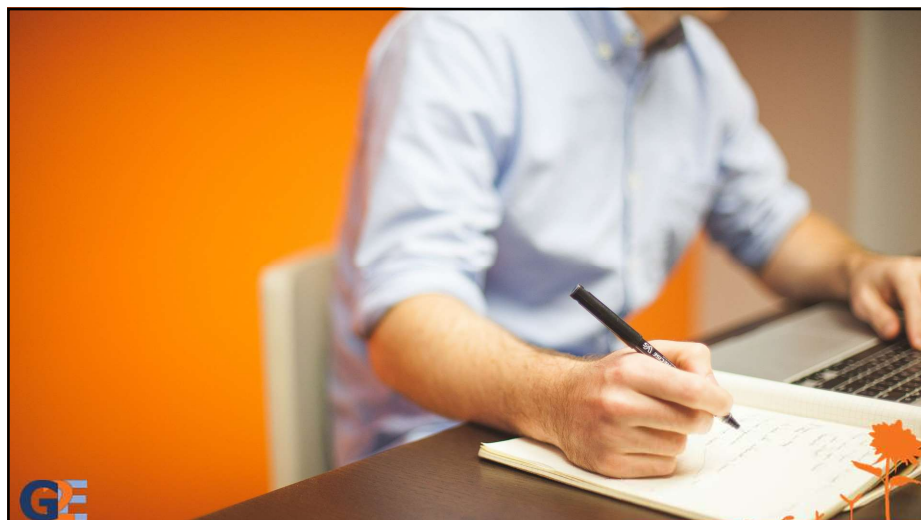


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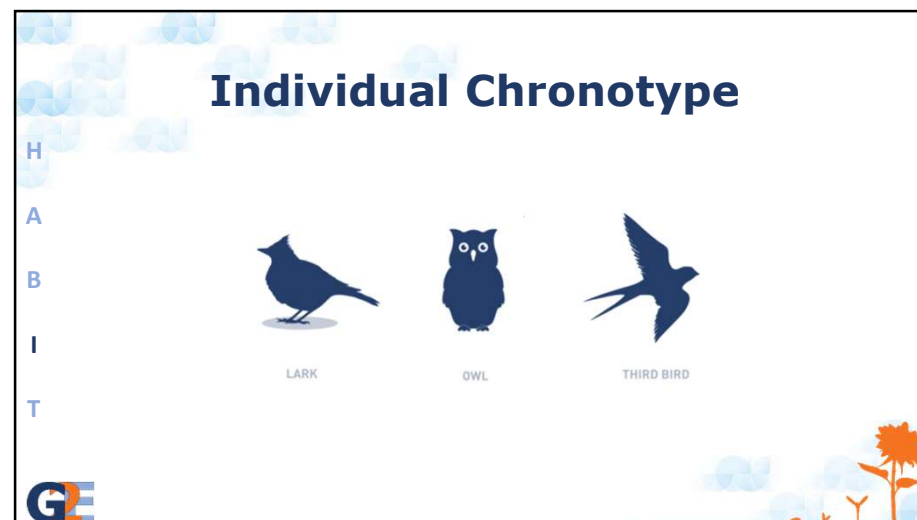
Building process habits

Trigger	Routine	Reward
Each morning when I start my working day, after getting my coffee, right after I turn on my PC.	I open my word document, my folder with relevant preselected papers, and my excel sheets with relevant data. I will write without interruptions for 1h.	After 1h of uninterrupted writing, with an extra cup of coffee I'll eat a piece of chocolate.
		

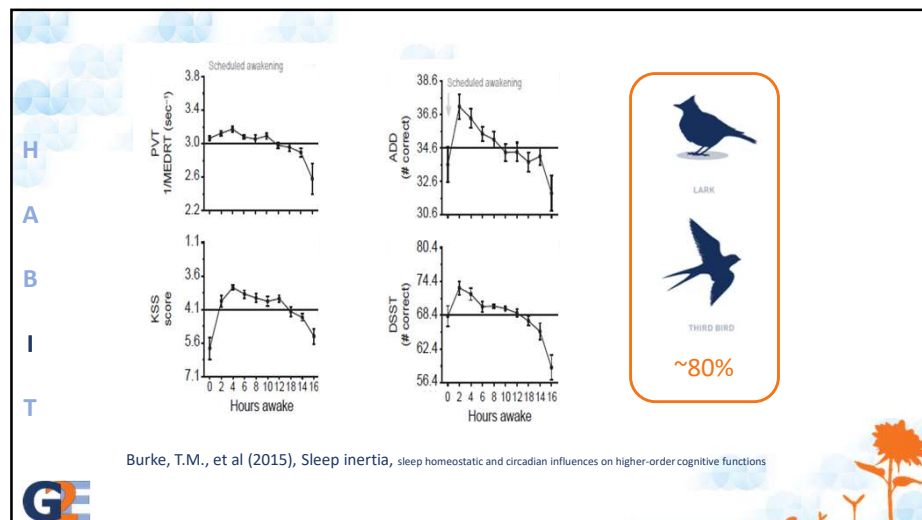
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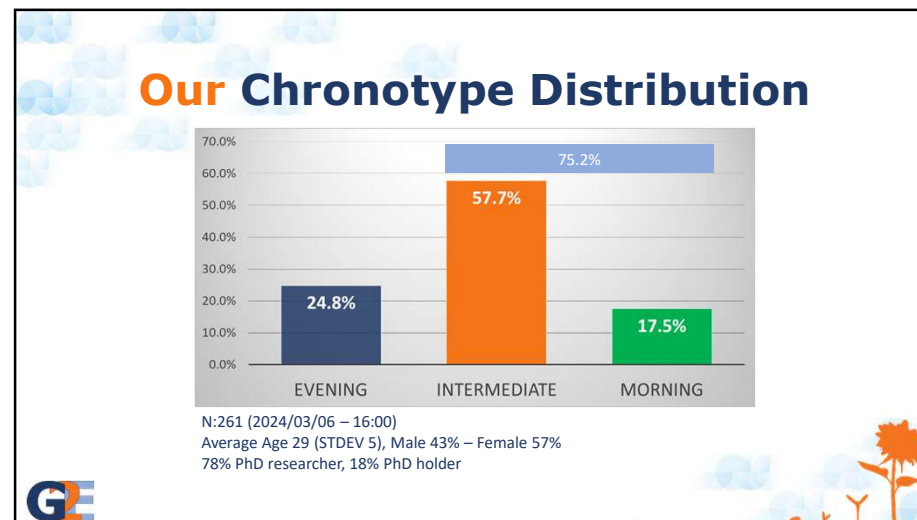
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Individual Chronotype

	Lark Morning	Third Bird Intermediate	Owl Evening
MEQ Score	70 – 59	42 – 58	16 – 41
Analytic Tasks	Early morning	Early to midmorning	Late afternoon and evening
Making an impression	Morning	Morning	Morning
Making a decision	Early morning	Morning	Late afternoon and evening

Natale, V., et al (2006), Validity of the reduced version of the MEQ

Horne, JA., et al (1976), A self-assessment questionnaire to determine M-E in human circadian rhythms.



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The Agenda of a Lark / 3rd Bird

	Meijer School	Meijer School	Meijer School	Meijer School	Meijer School
08	Meijer School	Meijer School	Meijer School	Meijer School	Meijer School
09	Meijer School	Meijer School	Meijer School	Meijer School	Meijer School
10	Meijer School	Meijer School	Meijer School	Meijer School	Meijer School
11	Meijer School	Meijer School	Meijer School	Meijer School	Meijer School
12	Meijer School	Meijer School	Meijer School	Meijer School	Meijer School
13	Meijer School	Meijer School	Meijer School	Meijer School	Meijer School
14	Meijer School	Meijer School	Meijer School	Meijer School	Meijer School
15	Meijer School	Meijer School	Meijer School	Meijer School	Meijer School
16	Meijer School	Meijer School	Meijer School	Meijer School	Meijer School
17	Meijer School	Meijer School	Meijer School	Meijer School	Meijer School



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Tame Procrastination

H

A

B

I

T

Motivate

- Why do you want to do the task?
- Why is it important for you?
- Who can you involve?

Rationalize

- What is my plan?
- What does success look like?
- Do I really want to waste my time?

Focus

- Remove temptation:
 - Brain.fm
 - Cold Turkey
 - Freedom
- Track your time
 - www.clockify.me



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Hormones: Know your Dopamine (D) triggers.

Aadjust your Goals: Set Process Goals, get your regular Dopamine.

Build Habits: Trigger, Routine, Reward; Leverage Dopamine to build discipline.

Individual Chronotype: Make schedule fit your chronotype, don't waste your brain.

Tame Procrastination: Involve others early.

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From learning to action

1. What did you learn during this workshop?
2. What actions will you take based on this learning?
3. How will you keep track of these actions?
4. How and when will you evaluate your progress?
5. Who will you involve to get help with your progress evaluation?

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More Questions ?

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