Scenario

What, Where, When?

Lesson Objective:

• Understanding the formula: WHAT - WHERE - WHEN is essential for implementing a new habit.

What is Motivation?

• Consideration: Many people attach great importance to it, but no one really knows where it comes from. So what is motivation? It's the desire to do something - some have more, some have less.

• Task 1

Which behaviors are appropriate/inappropriate?

- In a museum

- At a concert in a stadium

- During a formal reception

Where is it appropriate to dance, sing loudly, speak softly?

The environment we are in (home, family, friends, acquaintances, school) has a huge influence on how we behave. Therefore, if we want to make it easier to adopt a new habit, we should create an environment that will help us with that. It could be a group - virtual or real, for example: a group of friends running together on Saturday mornings in the park, or a group of volunteers caring for dogs at the shelter. The presence of other people with similar interests will make us feel less different or strange.

• Story: Ania and Lena

Ania and Lena are classmates and friends. This year they have a common goal - they decided to change their diet to a healthier one and to run together every Saturday morning in the nearby park. Ania's family strongly supports her in this. Recently, she received an electronic wristband from her dad to measure the distance she runs. Her dad and brother also run and participate in competitions - they generally lead a very active lifestyle. It's a bit different in Lena's family. Her parents work a lot, and they spend their free time in front of the TV, and her mom thinks that "all this running is a stupid trend and you can twist your ankle or have knee problems."

What do you think? Which of the girls will have more difficulty adopting the new habit? Why?

• What-Where-When

It turns out that the environment has a much greater influence on us than we previously thought. Time and place are very strong triggers, so when trying to adopt a new habit, it's worth applying the formula: WHAT - WHERE - WHEN, for example:

- I will (what?) RUN (where?) in the PARK near my house (when?) every Saturday from 9:00 to 10:00

Or:

- I will (what?) DRINK WATER in the (where?) KITCHEN (when?) BEFORE BREAKFAST.

Task for You!

Think of one habit you would like to adopt:

• Doing 10 push-ups?

• Drinking water?

• Running?

• Reading 10 pages a day?

Base your habit on the formula: WHAT - WHERE - WHEN?