

Increase Your Water Intake

By Applying The Principles of Atomic Habits



The 1% Rule: To drink more water, focus on the 1% improvement rule, incorporating small, manageable increases in your water intake daily, thereby creating a sustainable habit. Small changes, like having an extra glass a day, compound over time, leading to significant improvements in hydration.

The key to building lasting habits is to focus on creating a new identity first. Shift your focus from "What do I want to achieve?" to "Who do I want to become?" **Becoming the Hydrated You:**

Envision yourself as someone who prioritizes hydration, fostering a change in identity to someone who naturally consumes more water.



4 RULES TO HELP YOU DRINK MORE WATER

1

MAKE IT OBVIOUS

Creating clear cues can aid in reminding you to drink water regularly.

1.Place a Water Bottle in Sight: Keep a bottle or glass of water on your desk, kitchen counter, or any place where you spend most of your time, reminding you to drink regularly.

2.Set Regular Reminders: Use your phone or smart device to set alarms or notifications prompting you to drink water throughout the day.

3.Use a Water-Tracking App: Utilize apps that monitor your daily water intake and send reminders to ensure you are staying on track.

4.Establish Routine Triggers: Incorporate drinking water into existing routines, such as drinking a glass before every meal or immediately after waking up, creating automatic cues for hydration.

5.Create a Visual Reminder: Use marked water bottles or create a chart to visualize your water intake and keep your hydration goals obvious.



2

MAKE IT ATTRACTIVE

Enhancing the appeal of water can motivate more frequent consumption.

1.Infuse Flavors: Add slices of fruits, vegetables, or herbs to your water, making it tastier and more enjoyable to drink.

2.Invest in a Stylish Water Bottle: Use a water bottle that you find aesthetically pleasing and enjoyable to use, enhancing the appeal of drinking water.

3.Set and Visualize Attractive Goals: Focus on the appealing benefits of hydration like clearer skin and higher energy levels, visualizing the positive outcomes of regular water intake.

4.Reward Yourself: Develop a system where you reward yourself with something enjoyable after reaching your hydration goals, such as a favorite treat or extra leisure time.

5.Join a Community: Become part of a group or community focused on hydration or healthy living, sharing experiences and progress, and receiving support and motivation.



3

MAKE IT EASY

Reducing the effort required to drink water encourages consistent intake. Make drinking water a hassle-free and integral part of your daily routine



1.Keep Water Accessible: Always have a water bottle or a glass of water within arm's reach to avoid any inconvenience in accessing water.

2.Use a Water Bottle with Measurements: Opt for a bottle that has measurements, helping you to easily track your water intake and know how much more you need to drink.

3.Automate Water Delivery: Set up regular water delivery to your home or office, ensuring that you never run out of water.

4.Opt for a Convenient Water Bottle: Choose a water bottle with features like a built-in filter or a comfortable grip, making it convenient to use on the go.

5.Start Small: Don't overwhelm yourself; start with small, manageable water goals and gradually increase them, making the habit easy to adopt and stick to.

4

MAKE IT SATISFYING

By focusing on the satisfaction gained from drinking water and celebrating your achievements, the habit becomes more pleasurable and is likely to be sustained in the long term.

1.Feel the Immediate Benefits: Pay attention to and appreciate the immediate feelings of refreshment and revitalization after drinking water, reinforcing the positive behavior.

2.Celebrate Hydration Milestones: Set and acknowledge daily, weekly, or monthly hydration goals, and celebrate once they are achieved, reinforcing the habit.

3.Keep a Progress Journal or Water Tracker: Documenting your daily intake and reflecting on your progress can provide a sense of achievement and satisfaction.

4.Develop a Reward System: Create a system where consistent hydration is rewarded with small treats or enjoyable activities, reinforcing the habit.

5.Share Your Progress: Sharing your hydration achievements with friends or on social media can bring positive reinforcement and encouragement from your peers.



The principles outlined in "Atomic Habits" by James Clear present a structured approach to fostering positive, sustainable habits, such as increasing water intake. The four rules — Make it Obvious, Make it Attractive, Make it Easy, and Make it Satisfying — are the cornerstones of establishing and maintaining beneficial habits. When we apply the "Make it Obvious" rule, we integrate conspicuous reminders and cues in our environment, aiding in regular water intake. This can be achieved by keeping a water bottle within sight or setting periodic reminders to hydrate. The "Make it Attractive" rule prompts us to associate water-drinking with appealing rewards and pleasurable experiences, enhancing our motivation to stay hydrated, like infusing water with flavors or rewarding ourselves for drinking more. "Make it Easy" concentrates on reducing the friction related to drinking water, ensuring that water is readily available, and incorporating easy tracking methods to monitor intake, making the habit more accessible and manageable. Finally, the "Make it Satisfying" principle emphasizes recognizing and celebrating the immediate benefits and milestones of proper hydration, reinforcing the behavior through positive reinforcement and rewards. By systematically applying these principles, we can transform our hydration habits, and increase our water intake.