

KATHERINE BONNELL

MENTORED BY INGRID GREENE

Rewiring Habits to Promote Productivity and Success: Surpassing the Threshold to Achieve Optimal Self-Efficacy

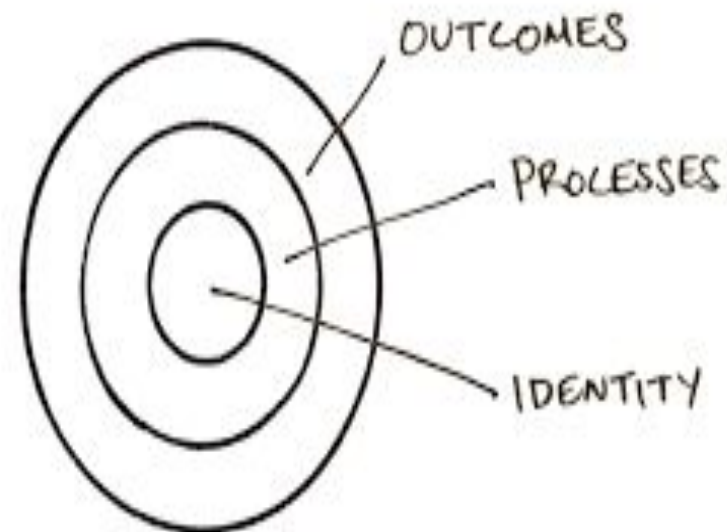
SELF-MANAGEMENT AND HUMAN BEHAVIOR



Background & Terms

3 LAYERS OF BEHAVIORAL CHANGE

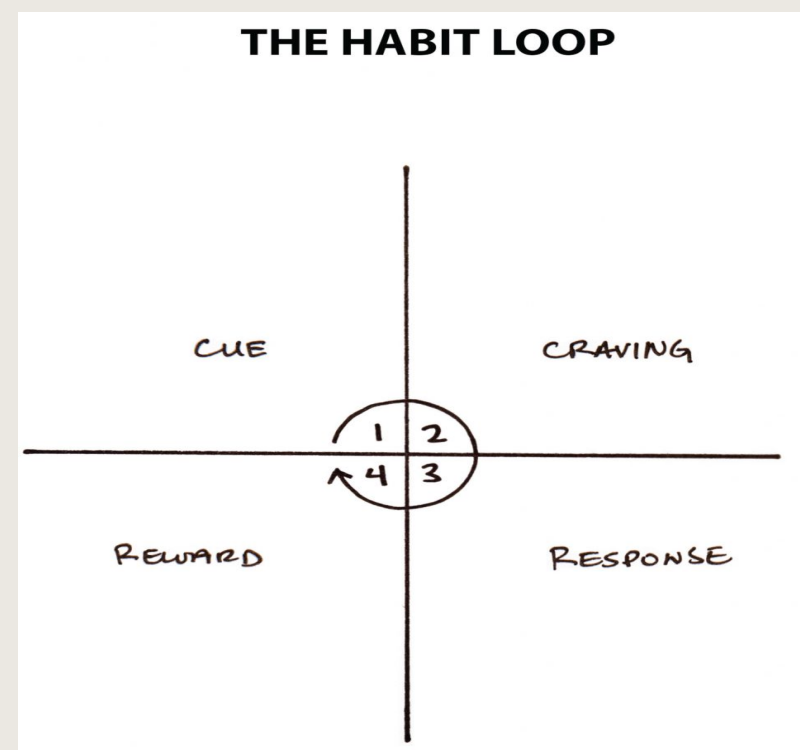
01



SOURCE: ATOMIC HABITS, JAMES CLEAR

THE SCIENCE OF HOW HABITS WORK

02



SOURCE: ATOMIC HABITS, JAMES CLEAR

CHOOSE AN IDOL TO MIMIC

03

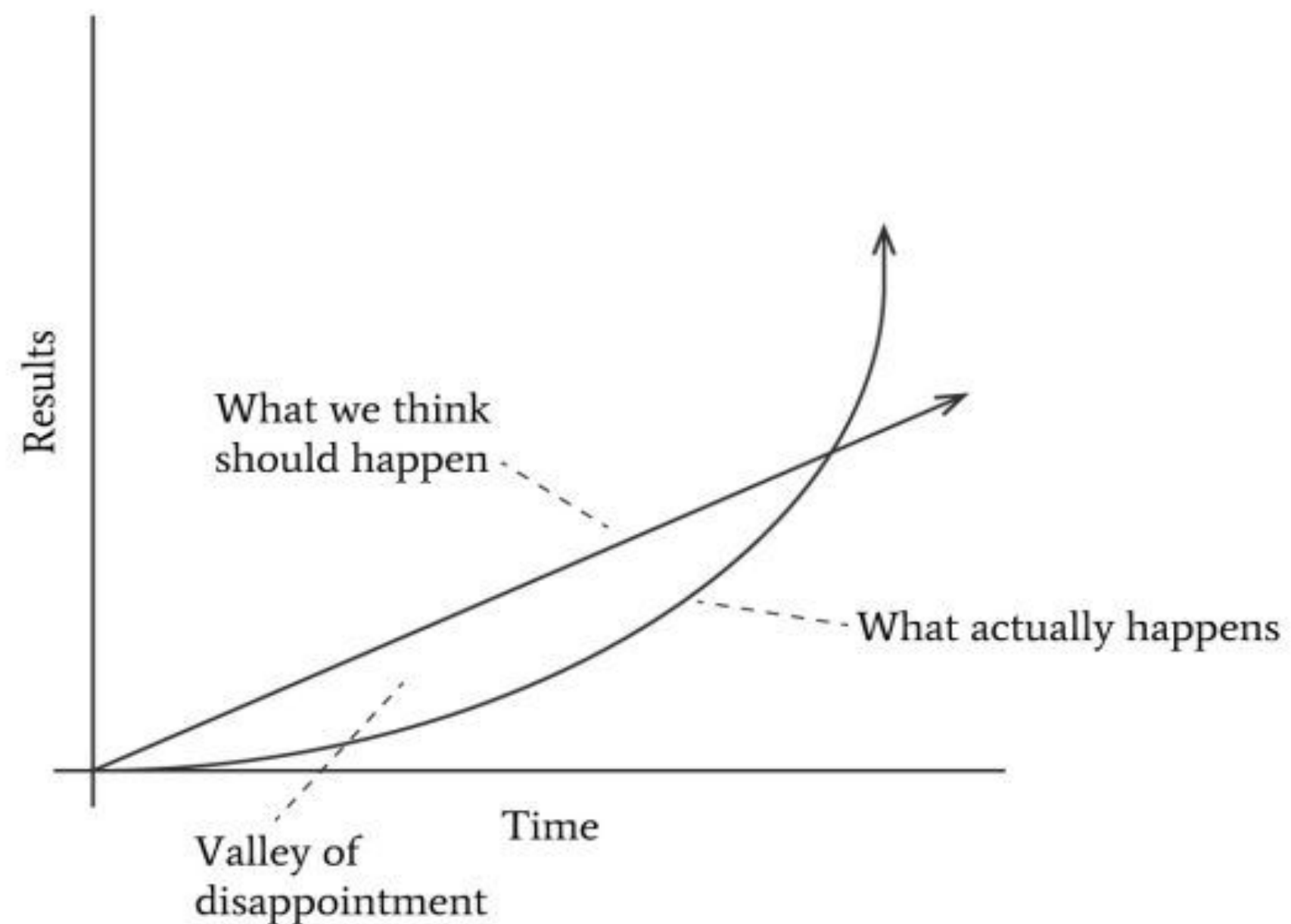
-ASK YOURSELF: HOW WOULD BLANK REACT TO THIS CIRCUMSTANCE?
-RESPOND DIFFERENTLY TO INCENTIVES

FOUR LAWS OF BEHAVIORAL CHANGE

04

- #1. MAKE IT OBVIOUS
- #2. MAKE IT ATTRACTIVE
- #3. MAKE IT EASY
- #4. MAKE IT SATISFYING

THE PLATEAU OF LATENT POTENTIAL



RESEARCH QUESTION

How can an individual rewire their habits in order to surpass the threshold that limits them from achieving optimal productivity and success?

METHODS

STEP #1

SURVEY LMU
STUDENTS AT RANDOM
RANGING FROM AGES
18-22

STEP #2

STUDENTS CHOOSE
ONE HABIT TO
IMPLEMENT USING
THE THREE CONCEPTS
DISCUSSED

STEP #3

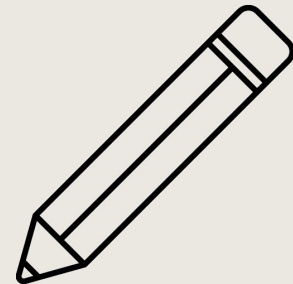
ANALYZE/OBSERVE
STUDENTS DAILY

STEP #4

EXAMINE RESULTS
AFTER ONE MONTH

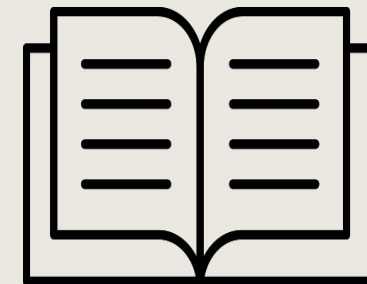
EXPECTED RESULTS

WHAT WE KNOW



APPLYING THESE
BEHAVIORAL CHANGES
WILL BE EFFECTIVE TO
SOME DEGREE FROM
PERSON TO PERSON.

WHAT WE DO NOT KNOW



WHETHER OR NOT THESE
BEHAVIORAL CHANGES
WILL BE EFFECTIVE IN THE
LONG TERM.

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