



# The Two-Minute Rule

02:00



**When it comes to taking steps to see change in our lives, it can be overwhelming.**

Whether you're taking steps towards caring for your physical body in a new way, implementing making time to be with God every day, or starting to journal...

**the goal is that these new**

**practices would become habits.**

But it's much easier said than done.

It's often easy to start working on a new goal, but much harder to actually make it a habit.

Even when you know you should start small, it's easy to start too big.

When you dream about making a change, excitement inevitably takes over and you end up trying to do too much too soon.

One of the most effective ways to counteract this tendency is to use the **Two-Minute Rule**, which

states, **When you start a new**

**habit, it should take less than two**

**minutes to do.**<sup>1</sup>

How does this work? The idea is to whittle your goal down to the simplest, most doable step that you can make a habit. You'll find that **nearly any habit can be scaled down into a two-minute version:**

- Maybe your goal is to get outside and take a walk every day. The two-minute habit could be to put on your walking shoes and start walking out the door.
- Maybe the goal is to start eating healthy meals daily. The two-minute habit could be spending two minutes every morning to make a meal plan for the day.

➤ Maybe the goal is to drink more water. The two-minute habit could be filling up your water bottle before you leave for work in the morning.

**A new habit should not feel like a challenge.** The actions that follow can be challenging, but **the first two minutes should be easy.**

What you want is a “gateway habit” that naturally leads you down a more productive path.

The same idea could be translated into many different areas in our lives.

- Spending time with Jesus could be opening your Bible, reading a scripture, and spending two minutes thinking about it before you check email, the news, or your social media feeds.
- Managing your stress could be taking two minutes to sit in your car in the driveway and taking deep breaths before you walk in your house after work.

**If we can take these small steps regularly, they will give way to habits that can shape our life.**

**The truth is, a habit must be**

**established before it can be**

**improved.** If you can't learn the

basic skills, then you have little

hope of mastering the finer

details.

Instead of trying to engineer a

perfect habit from the start, do the

easy thing on a more consistent

basis. **As you master the art of**

**showing up, the first two minutes**

**simply become a ritual at the**

**beginning of a larger routine.**

So here's the challenge:

**What areas of your physical life is God asking you to focus on right now?**

How can you build small habits that lead to big change?

Take some time to reflect on this, and then start building some healthy habits!

02:00

<sup>1</sup> *Adapted and excerpted from **Atomic Habits** by James Clear.*