



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.¹

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!

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¹ *Adapted and excerpted from **Atomic Habits** by James Clear.*