



THE PREVELITY LIBRARY

VOL. 10 · BEHAVIOR CHANGE

Making It **Stick.**

Knowing what to do is the easy part. How to turn everything in this library into habits that last — and keep improving for decades.

FREE PREVIEW EDITION

WRITTEN BY

Patrick Mullen, MD · Founding
Physician

PRE-VELITY

INNOVATIVE PREVENTION, PERSONALIZED FOR LONGEVITY.

FOREWORD

Nobody fails for lack of information.

Most of the people I care for already know they should sleep more, drink less, lift weights, and eat more vegetables. Knowing isn't the problem. Doing it — on a Tuesday in February, during a hard quarter, after a bad night's sleep — is the problem.

That's why this is the final volume in the library, and in some ways the most important. Every other guide tells you *what* to change. This one is about *how* change actually happens: why willpower and motivation are unreliable, how habits form, what to do when you slip, and how to keep improving for years without burning out.

It starts with a framework many readers will recognize — James Clear's *Atomic Habits*, which made the science of habit formation practical and memorable. Then it goes further, drawing on decades of behavioral research and on something physicians use every day: the quality-improvement cycle hospitals rely on to get measurably better over time. Your health deserves the same method.

WHAT THIS IS — AND ISN'T**A method, not a motivational speech.**

This guide won't try to make you feel inspired. It will give you tools that work on the days you don't. If you're struggling with low mood, anxiety, disordered eating, or substance use, those deserve professional care — habit tools alone aren't the right fix (Vol. 08).

DR. PATRICK MULLEN, MD

FOUNDING PHYSICIAN · PREVELITY

CONTENTS

What's inside.

01

The Knowing–Doing Gap

Why information rarely changes behavior · systems over goals · how long habits really take

02

How Habits Work

The habit loop · four levers · automaticity · identity-based change

03

Designing a Habit

COMPLETE EDITION

Make it obvious, attractive, easy, and satisfying · breaking habits · examples across every pillar

04

Beyond the Basics

COMPLETE EDITION

Implementation intentions · mental contrasting · autonomy and your why · commitment devices · fresh starts · people

05

Lapses, Relapse & Life Changes

COMPLETE EDITION

Slips are normal · never miss twice · high-risk situations · the restart protocol · life transitions

06

Measuring What Matters

COMPLETE EDITION

Lead and lag measures · tracking lightly · the weekly review · your re-score as the scoreboard

07

Continuous Improvement

COMPLETE EDITION

Plan–do–study–act for your health · small gains compound · seasons · plateaus

08

Your Plan

COMPLETE EDITION

A 90-day roadmap · habit design worksheet · review templates · myths and facts

SECTION 01

01.

The Knowing–Doing Gap.

Information changes what we intend. It changes what we do far less than we'd like. Closing that gap is a design problem, not a character flaw.

INSIDE THIS SECTION

Why knowing isn't enough · Motivation is unreliable · Systems over goals · How long habits really take

THE GAP

Intention is only half the journey.

In a large analysis of experimental studies, successfully increasing people's intentions to change produced a medium-to-large shift in intention — but only a small-to-medium shift in actual behavior. In plain terms: people meant it, and much of the time they still didn't do it. That isn't weakness. It's how human behavior works. Much of what we do each day runs on habit — in one well-known study, roughly 40% of daily actions were performed almost automatically, in the same places, while thinking about something else.

WHY MOTIVATION FAILS

It's a feeling, not a plan

Motivation is high on January 1st and after a scary lab result. It fades with stress, fatigue, and routine — exactly when you need it most.

WHY WILLPOWER FAILS

It's the wrong tool

The people who seem most disciplined mostly aren't resisting temptation all day. They've arranged their lives so they face less of it.

SYSTEMS OVER GOALS

Goals set direction. Systems do the work.

"Lower my ApoB" and "lose fifteen pounds" are useful goals. But everyone who sets them wants the same outcome; what separates the people who get there is the system — the daily and weekly behaviors, cues, and environments that produce the result without requiring a fresh decision every time. This guide is about building those systems.

Motivation starts the change. Systems are what finish it.

THE PREMISE OF THIS GUIDE

66

MEDIAN DAYS

In a study following people building a new daily health habit, the time until it became automatic ranged from 18 to 254 days, with a median of about 66. Simpler habits formed faster, and missing a single day didn't meaningfully set people back.

Lally et al., European Journal of Social Psychology, 2010.

SECTION 02

02.

How Habits Work.

A habit is a shortcut your brain builds when the same action follows the same cue, again and again, and something about it feels worth repeating.

INSIDE THIS SECTION

The habit loop · Four levers · Automaticity · Identity-based change

THE LOOP

Cue, craving, response, reward.

Researchers describe habits as learned links between a context and an action. *Atomic Habits* breaks that link into four steps, and the model is practical because each step is something you can design.

FIGURE 01 · THE HABIT LOOP

FOUR STEPS — AND FOUR PLACES TO INTERVENE.



A glass of wine at 6 p.m. and a walk after dinner run on the same machinery. The difference is only which loops you've built.

FOUR LEVERS

Obvious, attractive, easy, satisfying.

From the loop come four design principles — Clear calls them the laws of behavior change. To build a habit, make the cue obvious, the behavior attractive, the action easy, and the result satisfying. To break one, invert each: make it invisible, unattractive, difficult, and unsatisfying. Section 03 turns each lever into specific tools.

BUILD A HABIT

Turn the levers up

Obvious cue · attractive behavior · easy action · satisfying result.

BREAK A HABIT

Turn the levers down

Invisible cue · unattractive behavior · difficult action · unsatisfying result.

IDENTITY

From "I'm trying to" to "I'm someone who."

Lasting change tends to follow a shift in self-image. "I'm trying to exercise" is a goal; "I'm someone who doesn't miss Monday strength sessions" is an identity. Every repetition is evidence for the kind of person you're becoming — and people act to stay consistent with how they see themselves.

You don't have to believe the new identity on day one. You build it one small proof at a time. The runner doesn't start with a marathon; they start by being someone who laces up.

THE PRACTICAL QUESTION

Who do you want to be at 80?

Pick the identity first — "someone who stays strong," "someone who sleeps like it matters," "someone who knows their numbers." Then ask: what would that person do today, in a small way? That's your next habit.

END OF THE FREE PREVIEW

The rest of this guide.

You know why knowing isn't enough and how habits form. The complete edition gives you the method: designing habits with the four levers across every pillar of health, the behavioral science that goes beyond them, a plan for lapses and life changes, how to measure without obsessing, a quality-improvement cycle for your own health, and a 90-day roadmap with worksheets.

03 Designing a Habit

Make it obvious, attractive, easy, and satisfying · breaking habits · examples across every pillar

04 Beyond the Basics

Implementation intentions · mental contrasting · autonomy and your why · commitment devices · fresh starts · people

05 Lapses, Relapse & Life Changes

Slips are normal · never miss twice · high-risk situations · the restart protocol · life transitions

06 Measuring What Matters

Lead and lag measures · tracking lightly · the weekly review · your re-score as the scoreboard

07 Continuous Improvement

Plan-do-study-act for your health · small gains compound · seasons · plateaus

08 Your Plan

A 90-day roadmap · habit design worksheet · review templates · myths and facts

UNLOCK THE COMPLETE GUIDE →

WWW.MYPREVELITY.COM/LIBRARY/MAKING-IT-STICK

Educational content only · not individualized medical advice.
PreVelity screens, monitors, and refers. We don't treat, and we take no referral fees.

