



ENABLE EXERCISE #34

The Challenge of Habit Change

Habits are difficult to initiate and take quite a bit of concentration, focus and reinforcement in order for us to succeed. This exercise is useful to remind us that we require deliberate practice over time to strengthen neural circuits until the behavior becomes natural (unconscious competence).

Write your signature with your *non-dominant hand* below:



Answer the following questions:

1. How much extra time did it take you?

2. How much extra effort did it take you?

3. How does the quality compared to your regular signature?