

HABITS 2021



Not all habits, which are "good" turned out good for me.

For example, I wanted to drink lavender tea before going to bed to sleep better. It turned out that I could not sleep at all as because of it I wanted to pee all night. So, there was no point in sticking to this habit.

I track 8 habits. Some I track because I want to stick to them. Some I track because I wanna know if I really do those things as often as I want.

Perception is faulty, often.

For example, I apply masks to my hair. My aim is to do it once a week. I have noticed that I skip it. My goal was to know how often I skip it and when I do it.

Another example, I track my body care. Body care in the sense of applying

peeling, masks along with some cream and fluids. Whereas, a separate of mine is applying fluid/cream right after the shower.

This year I've been using a free app - Habits. There you can set reminders (I don't use them), you can set how often you want to do something, you can have good analytics.

Some habits I've been tracking: body care masks, body care fluid/peeling, skincare masks/peeling, skincare (morning + evening).

