



100+ HABIT UPGRADES

A much younger version of you, probably created many of your existing habits.

It might be time to update them as part of your upgrade to your “Adult Operating System”. Study the list below and ask yourself which of your current habits might be worth stopping. And which might help you in the future.

Share this document with your friends. Visit: www.Healthy-Masculinity.org

Habits you might choose to reduce, replace or stop

Your phone, screens and attention

- Reaching for your phone the moment you wake up.
- Scrolling when you originally intended to check just one thing.
- Taking your phone to bed and continuing to scroll when you're tired.
- Checking notifications every few minutes.
- Automatically reaching for your phone whenever you're bored.
- Watching endless short-form videos you barely remember afterwards.
- Allowing notifications to interrupt whatever you're doing.

Your body and energy

- Regularly staying up much later than you intended.
- Sacrificing sleep for things that aren't actually important.
- Spending most of your day sitting down.
- Eating simply because you're bored.
- Using energy drinks or caffeine to compensate for consistently poor sleep.
- Ignoring your body's signals that you're exhausted.

- Treating exercise as something you'll start “one day”.
- Spending hours indoors when getting outside might improve how you feel.
- Treating rest and endless passive screen time as though they're the same thing.

Thinking and emotions

- Believing something because lots of people online repeat it.
- Looking only for information that confirms what you already believe.
- Assuming something is true because someone says it confidently.
- Reacting immediately when something online makes you angry.
- Turning one failure into “*I'm a failure*”.
- Using words such as “always”, “never” and “everyone” when they aren't actually true.
- Automatically assuming the worst possible outcome.
- Constantly replaying embarrassing moments from the past.
- Speaking to yourself in ways you'd never speak to a friend.
- Treating every thought that enters your head as though it must be true.

Confidence and comfort zones

- Avoiding something simply because you might feel awkward.
- Waiting until you feel confident before trying something new.
- Saying “I can't do that” before you've actually tried.
- Staying silent because you're frightened of looking stupid.
- Avoiding social situations because staying home feels safer.
- Giving up immediately when you're not naturally good at something.
- Avoiding asking questions because you think you're expected to know the answer.
- Pretending you understand something when you don't.
- Allowing one rejection to stop you trying again.
- Comparing your progress with people who started somewhere completely different.

Relationships, responsibility and your future

- Agreeing to things you don't want to do because you're afraid to say no.
- Joining in when your mates ridicule or humiliate someone.
- Making jokes at someone else's expense simply to get a laugh.
- Speaking about girls and women in ways you wouldn't if they were standing beside you.
- Blaming other people automatically when something goes wrong.
- Regularly arriving late and expecting other people to accept it.
- Saying you'll do something and then not doing it.
- Spending all your money simply because you have it.
- Putting off small tasks until they become large problems.
- Waiting for your life to change without doing anything that might change it.

Healthier habits you might consider starting

Your phone, screens and attention

- Wait a while after waking before looking at your phone.
- Turn off notifications that don't genuinely help you.
- Put your phone somewhere you can't automatically reach it while concentrating.
- Decide why you're opening an app before opening it.
- Occasionally check your screen-time report without judging yourself.
- Unfollow accounts that repeatedly leave you angry, inadequate or hopeless.
- Follow people who teach you useful skills or introduce you to new ideas.
- Create periods during the day when your phone isn't beside you.
- Put your phone away when someone is talking to you.
- Regularly ask: **“Did I choose how I spent that time?”**

Your body and energy

- Develop a reasonably consistent sleep routine.
- Get outside every day when you can.
- Find some form of physical activity you genuinely enjoy.
- Walk more.
- Drink water regularly.
- Notice which foods leave you feeling energised and which don't.
- Learn to recognise when you're genuinely tired.

- Treat sleep as an investment in tomorrow rather than wasted time.
- Learn what genuinely recharges your energy.
- Give yourself permission to rest without turning rest into permanent escape.

Thinking and emotional intelligence

- Ask **“How do they know?”** when someone makes an important claim.
- Deliberately look for evidence that challenges what you already believe.
- Pause before responding when something makes you angry.
- Become comfortable saying **“I don't know.”**
- Become comfortable saying **“I could be wrong.”**
- Ask **“What am I NOT seeing?”** before making an important judgement.
- Separate facts, opinions and assumptions.
- Ask **“Is this genuinely common — or am I simply seeing it a lot?”**
- Practise turning your Inner Critic into an Inner Coach.
- Ask **“What would change my mind?”** about strongly held beliefs.

Confidence, growth and new experiences

- Do one small thing regularly that takes you slightly outside your comfort zone.
- Become a **new-experience collector**.
- Talk to someone new.
- Ask questions when you're curious.
- Try things before deciding you're no good at them.
- Treat mistakes as information rather than proof that you can't succeed.
- Notice small improvements rather than waiting for enormous achievements.
- Compare yourself occasionally with who you were six months ago.
- Ask **“What's my next useful step?”** when something feels overwhelming.
- Do some things before you feel completely confident — and allow confidence to catch up later.

Relationships, character and your future

- Practise saying **“no” firmly, politely and without unnecessary explanation.**
- Do what you say you're going to do.
- Turn up when you said you'd turn up.
- Listen to understand rather than simply waiting for your turn to speak.
- Ask people questions and take a genuine interest in their answers.

- Notice how other people appear to feel when they're around you.
- Put aside some money for Future You whenever you receive money.
- Spend some time each week learning or practising something useful.
- Before an important choice, ask **“What might Future Me think about this decision?”**
- At the end of each week, ask: **“What worked? What didn't? What might I upgrade next week?”**

Being useful at home

- Notice jobs that need doing without waiting to be asked. And do them without expecting praise.
- Clean up after yourself rather than leaving it for someone else.
- Learn how to cook several different meals from scratch.
- Cook a meal for everyone occasionally.
- Learn how to use the washing machine properly.
- Wash, dry and put away your own clothes.
- Change and wash your own bedding.
- Keep your bedroom reasonably clean and organised.
- Empty the dishwasher or washing-up rack when you notice it's finished.
- Take the rubbish and recycling out before someone asks you.
- Replace things when you use the last of them.
- Learn basic household cleaning skills.
- Learn how to iron a shirt properly.
- Learn a few basic DIY and repair skills.
- Offer to help carry shopping or unload the car.
- If you see something that needs doing and you can do it, **just do it.**
- Take responsibility for at least one regular household job.
- Learn where important household things are kept rather than always asking someone else.
- Leave shared spaces as clean — or cleaner — than you found them.
- Learn how much everyday household things actually cost.
- Occasionally do something helpful that nobody asked you to do.
- Thank the people who routinely do things for you.
- Become someone other people at home can **rely on.**

Learn to notice what needs doing. And just do it.