



Dr. Paul Glassman's Principles for Supporting Habit Adoption

Use these principles to help guide and support individuals in building sustainable new habits. This approach is especially helpful when encouraging long-term behavior change in health and wellness.



Listen First

Understand the person's unique situation, challenges, and goals before offering advice.



Personalize Support

Tailor suggestions to fit their lifestyle, values, and readiness for change.



Plan Together

When they're ready, help them create a simple, realistic action plan.



Check In Often

Offer frequent support early on, then taper as confidence and consistency grow.



Celebrate Progress

Acknowledge small wins—they build momentum and self-belief.



Empower, Don't Direct

Empower the individual to take ownership, rather than telling them what to do.



Be Patient

Building new habits takes time, practice, and reinforcement—long after the initial change is made.