

## Thoughts – Habits - Destiny

When we describe human, we basically are talking about the habits of that human.

Thus, one way of understanding human is as a combination and pattern of habits.

Once this becomes clear we can rearrange the habits (reduce/discard old ones, form new ones) and voila a new human appears.

This necessitates the know-how of habit formation for shaping the future of individuals.

In this regard the latest technological gadgets and applications have researched extensively and could come up with a Hook Model in order to develop habit forming products and services.

The presentation on thought-habit-action will focus on learnings drawn from design of technology and use of behavioral science to form concrete and productive habits.

Can we apply the same model and techniques to develop healthy habits in ourselves, among students, teachers and parents?

Who doesn't want their students to have 'reading habit'??

If we run a school, don't we want our staff to be punctual, as a habit??

More precisely, don't we want our parents to 'pay fees on time', as a habit??