Caught Not Taught: The Mechanics of Positive Habit Transfer

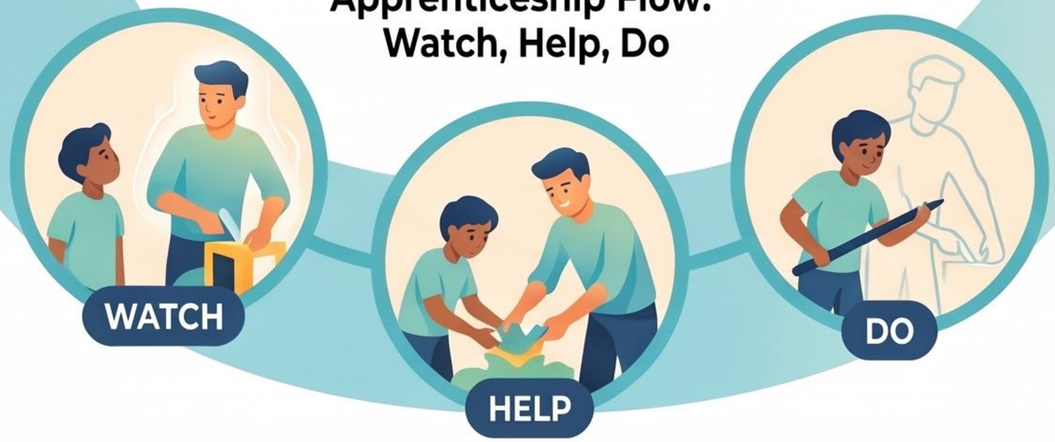


Habits travel by proximity, not instruction.

People copy what you repeatedly do long before they believe what you say.

> **Example is not the main thing in influencing others. It is the only thing.**
>
> Albert Schweitzer

The 3-Stage Apprenticeship Flow: Watch, Help, Do



Live the habit before you attempt to teach it.

Words vs. Visible Habits

When verbal advice and daily habits conflict, observers will always follow the habits.



Breaking inherited negative patterns.

What you inherited explains where you started, not where you must end up.



Gemini Notebook