

Here are 5 more habits you most likely do daily, and how to make them harder:

Getting dressed: Wear the same outfit you wore yesterday. Makes it better and shorter and saves you decision power. Like even down to your socks. Unless you ran a 10k in them, they're not going to smell. Or wear something less comfortable, like jeans, even when you just sit on the couch.

Packing your bag for work or school: Take less items with you. Limit the number to 10 items or less. Pack your bag the night before. Don't take a bag at all. Take only one bag if you usually have several.

Going down or up the stairs in your building: Take the stairs in the first place. No elevator. Hop down the stairs on one foot. Take them backwards or sideways. Walk in a different style for each flight. Skip every other step.

Leaving your house: Use your weak hand to open the door and lock it with your key. Don't use your hands at all to open the door. Completely close the door with your hand instead of letting it fall into the lock. Lock the main door from the inside and exit your house through the back door. Find an alternative exit to use.

Making your way to work or school: Instead of the car, take the bus, bike or walk. If you take the bus, stand instead of sitting. If you have to take your car, don't listen to music. No seat warmers. Turn off the air conditioning. Use your weak hand to steer. Mind all traffic rules.