

THE BETTER LIFE SERIES

PRACTICAL PSYCHOLOGY FOR REAL LIFE

BOOK 6

THE 30-DAY HABIT RESET

Break Bad Patterns, Build Better Routines
and Make Change Stick



ALDEN M. CORVALE



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PUBLISHING NOTE

This is a general-interest self-help book about habits, routines and behavior change. It is educational, not medical or psychological treatment, and it does not diagnose any condition.

Research findings are described conservatively. Habit formation varies substantially between people and behaviors; no fixed number of days is guaranteed to create automaticity. The 30-day structure in this book is a practical reset period, not a scientific deadline.

If a repeated behavior involves serious risk, compulsive behavior, substance use, eating problems, self-harm or significant psychological distress, qualified professional help may be more appropriate than a self-directed habit challenge.

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PREFACE

Habits shape more of daily life than most people realize. The way you begin the morning, reach for your phone, choose food, start work, avoid a difficult task, wind down at night, and respond to stress is often guided less by deliberate choice than by familiar patterns repeated in familiar situations.

That is good news. If behavior were driven only by motivation or personality, change would depend on feeling inspired every day. Habits offer another route. Repetition can make useful actions easier to start, while changes to cues, friction, timing and environment can make unwanted patterns less automatic.

This book is a 30-day reset, not a promise that every behavior becomes automatic in thirty days. Research does not support a universal "21-day" or "30-day" rule. A 2024 systematic review found wide variation in habit-formation time, with reported averages often well beyond a month. The purpose of thirty days is different: it gives you a defined period to identify a few patterns, redesign the conditions around them, repeat a small behavior consistently, learn from misses and leave with a system you can continue.

You do not need to rebuild your entire life at once. One reliable routine can change the shape of a day. One reduced source of friction can make a good choice easier. One better default can save dozens of decisions. The goal is not perfection. The goal is to make the behavior you want more likely, more repeatable and less dependent on mood.