Parsity

Building Coding Habits with Rituals

How to Focus When Learning to Code

Ritual Building Questions

To create you own regular rituals which will help you make a habit of coding, answer the following questions. Write you answers wherever you'll be keeping your list of rituals. Remember, this should be in a place that is easy to frequently access, such as a notes application on your phone.

1. Refer to your "Coding First Schedule". When will you be coding, regularly (times and days of the week)?

2. What physical materials and environment do you need to be comfortable and get in the zone? Computer, charger, internet connection, glasses, headphones, cup of coffee?

3. What steps do you need to take to get these materials and this environment set up?

4. When do you need to prepare these items/this environment to "do it all ahead of time"?

5. What triggers can you use to ensure that you get yourself prepared?

6. What triggers can you use to ensure that you begin coding?

7. Where will you store your rituals?

8. Go ahead and write them down in that spot and then share these rituals with a trusted friend.