HABIT FLOW CHART

THE HABIT YOU'D LIKE TO CHANGE

HABITS HAVE THREE PARTS

Step One: CUE

- Ask yourself:
  - What time is it?
  - Where are you?
  - Who else is around?
  - What else did you just do?
  - What emotions are you feeling?

Think of cues as triggers

Step Two: REWARD

- What craving do you think the habit is satisfying?

Test that theory:

- Substitute another reward

Is the craving gone?

Yes / No

That's what you're really craving

Keep experimenting until you find something that satisfies the urge

When I ___ (cue),
I will ___ (routine)
Because it provides me with ___ (reward)

ONE OF THESE 5 THINGS IS THE CUE

5

which one remains consistent?