

HABIT FLOW CHART

↑ THE HABIT YOU'D LIKE TO CHANGE ↓



HABITS HAVE THREE PARTS

step one
CUE

step two
REWARD

step three
ROUTINE

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

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ONE OF THESE 5 THINGS IS THE CUE

which one remains consistent?

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

NOW THAT YOU HAVE IDENTIFIED THE CUE AND REWARD...

insert a new routine

WHEN I _____ (cue),
I WILL _____ (routine)
BECAUSE IT PROVIDES
ME WITH _____ (reward)