

# HOW TO CREATE A HABIT

DO YOU WANT TO CREATE A HABIT?

Yes

WHAT BEHAVIOR DO YOU WANT TO CREATE?

YOUR NEW HABIT

## STEP 1 THE CUE

Every habit has a trigger . . .



What time will this habit occur?

Where will you be?

Who else will be around?



What will you have just finished?



What emotion do you think you will be feeling?

You don't need all of these to create a habit.

ONLY ONE OF THEM IS NEEDED TO BECOME A CUE.

But the more you test out, the faster the habit takes hold.

## STEP 2 THE REWARD

What reward will you give yourself at the end of the behavior?



After a few days, ask yourself: Do you crave this reward when you are exposed to the cue?

Yes

No

Do you actually enjoy this reward?

Ahhh

No

Choose a new reward.

After two weeks, ask yourself: do you crave the intrinsic reward of the habit (how it makes you feel) more than the extrinsic reward (what you give yourself as a treat)?

Yes

YOU'VE GOT A POWERFUL HABIT!



## STEP 3 THE ROUTINE

NOW PUT IT ALL TOGETHER.



Routine

This is the behavior you want to become a habit.

Cue

Reward

From Step 1

From Step 2

Studies show that the easiest way to implement a new habit is to write a plan:

When \_\_\_\_\_, I will \_\_\_\_\_ because

CUE  
From Step 1

ROUTINE

it provides me with \_\_\_\_\_.

REWARD  
From Step 2

Post this plan where you will see it. Try it for a week.

Eventually, studies say, the new behavior will become automatic.