

HOW TO CHANGE A HABIT



THE HABIT YOU WANT TO CHANGE

DIAGNOSE THE THREE PARTS OF THE HABIT

STEP 1 THE CUE

When you feel the urge for your habit, ask yourself . . .

What time is it?

Where are you?

Who else is around?

What did you just do?

What emotion are you feeling?

ONE OF THESE 5 THINGS IS THE CUE.
Look for which one stays the same every time you feel the urge.

STEP 2 THE REWARD

What craving do you think your habit is satisfying?

TEST THAT THEORY:

Substitute another reward (i.e., instead of eating a cookie, have a cup of coffee.) Is the craving gone?

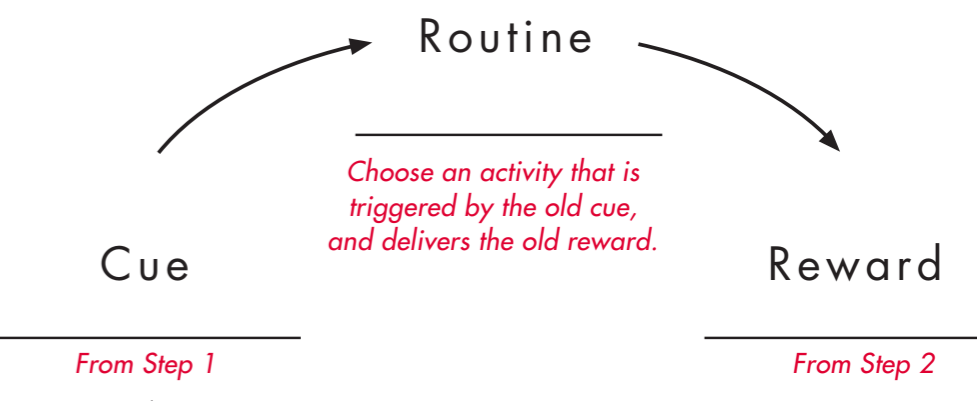
THAT'S WHAT YOU'RE REALLY CRAVING.

Substitute the opposite reward (i.e., instead of eating a cookie, take a walk.) Is the craving gone?

Keep experimenting until you find something new that satisfies the urge.

STEP 3 THE ROUTINE

Now that you have identified the cue and reward, **INSERT A NEW ROUTINE.**



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

When , I will because
CUE **ROUTINE**
From Step 1 *From Step 2*
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.

