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?

Do you actually enjoy this reward? — *Ahhh*

No

Choose a new reward.

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

Yes → (to "Do you actually enjoy this reward?")

No → Choose a new reward.

Yes ↓

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)?

No → Choose a new reward.

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
From Step 1

Reward
From Step 2

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 1*

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.