

# 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...

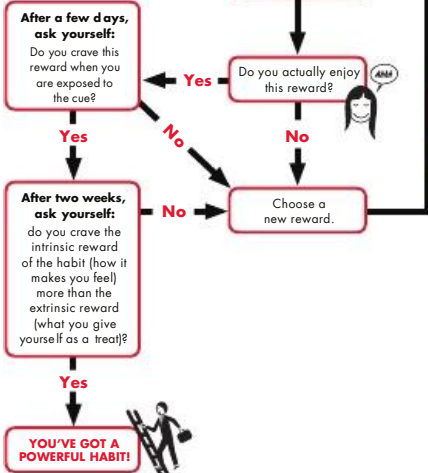
- What time will this habit occur?
- Where will you be?
- Who else will be around?
- What will you have just finished?
- What emotion do you think you will be feeling?

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

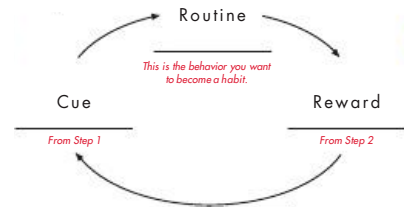
What reward will you give yourself at the end of the behavior?



STEP 3

## THE ROUTINE

NOW PUT IT ALL TOGETHER.



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

When **CUE**, I will **ROUTINE** because it provides me with **REWARD**.

Post this plan where you will see it. Try it for a week. Eventually, studies say, the new behavior will become automatic.