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?

- Yes → **THAT'S WHAT YOU'RE REALLY CRAVING.**
- No ↓

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

- Yes → **THAT'S WHAT YOU'RE REALLY CRAVING.**
- No ↓

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.**

Routine

Choose an activity that is triggered by the old cue, and delivers the old reward.

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 _____ (**CUE** *From Step 1*), **I will** _____ (**ROUTINE**) **because it provides me with** _____ (**REWARD** *From Step 2*).

From *The Power of Habit* by Charles Duhigg, http://charlesduhigg.com/need-to-break-a-bad-habit/