HOW TO CHANGE A HABIT

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.

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.**
     - **Yes**
       - Substitute another reward (i.e., instead of eating a cookie, take a walk.)
       - Is the craving gone?
     - **No**
       - Keep experimenting until you find something new that satisfies the urge.

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 ___________ CUE ___________ From Step 1
       - I will ___________ Routine ___________ From Step 2
       - because it provides me with ___________ Reward ___________ From Step 2