

# 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

Cue

Reward

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

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*  
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.

# 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?

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

Yes

No

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)?

Yes

YOU'VE GOT A POWERFUL HABIT!

Do you actually enjoy this reward?

No

Choose a new reward.

## STEP 3 THE ROUTINE

NOW PUT IT ALL TOGETHER.

Routine

This is the behavior you want to become a habit.

Cue

Reward

From Step 1

From Step 2

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

When \_\_\_\_\_, I will \_\_\_\_\_ because

CUE  
From Step 1

ROUTINE

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.