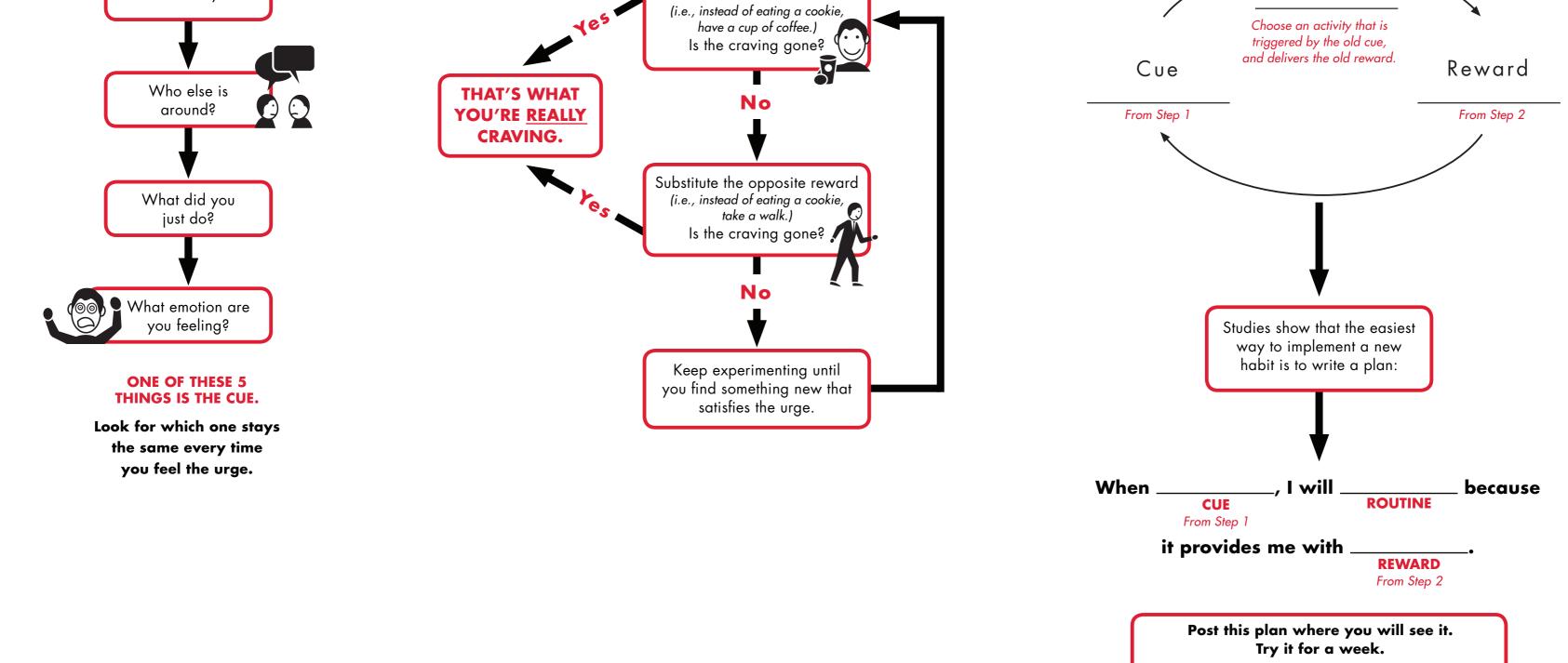
HOW TO CHANGE A HABIT DO YOU Quit reading this WANT TO CHANGE No • flowchart. **A HABIT?** Yes THE HABIT YOU WANT TO CHANGE **DIAGNOSE THE THREE PARTS OF THE HABIT** THE CUE STEP THE REWARD THE ROUTINE 3 When you feel the urge for What craving do you think Now that you have your habit, ask yourself . . . your habit is satisfying? identified the cue and reward, **INSERT A NEW ROUTINE.** What time is it? **TEST THAT THEORY:** Routine Substitute another reward Where are you?



Eventually, studies say, the new behavior will become automatic.