How to Change a Habit

Do you want to change a habit?

Yes

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?
  - 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.

Step 3: The Routine
- Now that you have identified the cue and reward, insert a new routine.
  - Substitute the opposite reward (i.e., instead of eating a cookie, take a walk.)
  - Is the craving gone?

Keep experimenting until you find something new that satisfies the urge.

Test that Theory:
- Substitute another reward (i.e., instead of eating a cookie, have a cup of coffee.)
- Is the craving gone?

Yes

Routine

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

When ________, I will ________, because it provides me with _______.

Cue

From Step 1

Routine

From Step 1

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.

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