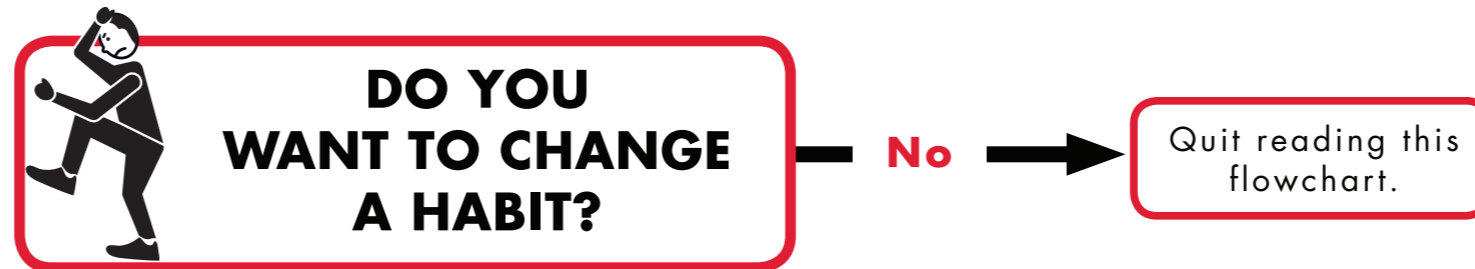


# HOW TO CHANGE A HABIT



No

Quit reading this flowchart.

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?

**TEST THAT THEORY:**

Substitute another reward  
*(i.e., instead of eating a cookie, have a cup of coffee.)*  
Is the craving gone?

No

Substitute the opposite 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.

**THAT'S WHAT YOU'RE REALLY CRAVING.**

**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**  
*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.*