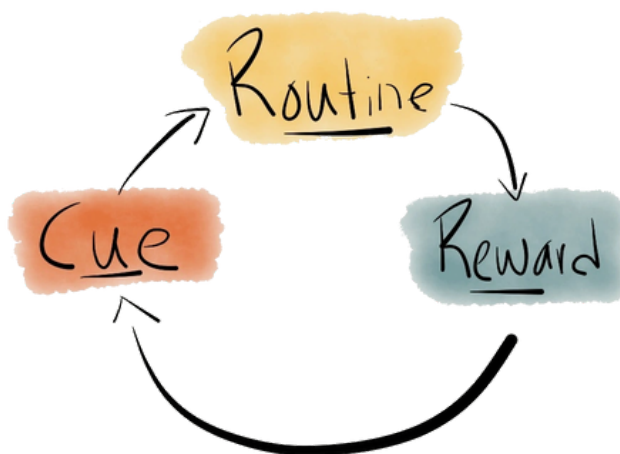


The Habit Loop

A habit is a formula our brain automatically follows:
When I see CUE, I will do ROUTINE to get a REWARD.

The routine is usually the most obvious aspect of the loop: it's the behavior you want to change.



Every time an urge hits, record where you are, what time it is, your emotional state, who is around, and what action preceded the urge. After a while, patterns will emerge.

Categories of cues:

- location
- time
- emotional state
- other people
- action preceding urge

Rewards satisfying cravings. Cravings are obvious in retrospect, but hard to see when under their influence. By experimenting with different rewards, you can isolate what you are actually craving and redesign the habit.

Possible rewards:

- satisfied hunger
- temporary distraction
- stretched legs
- socialized
- re-energized

To change the loop, we need to begin making choices again. When you know your habit loop, you can change to a better routine by planning for the cue, and choosing a behavior that delivers the reward you are craving.



Know your "why" for making change



Try not to change multiple habits at once



Focus on the process, instead of the outcome