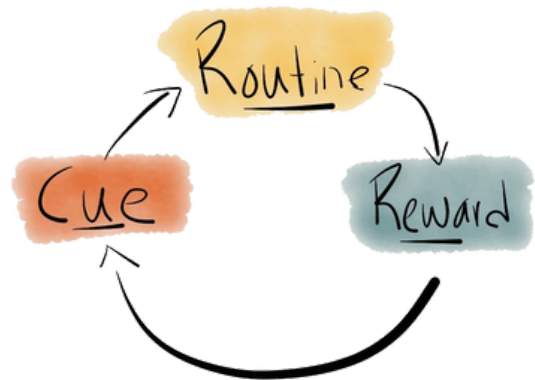


# The Habit Loop

A habit is a formula our brain automatically follows:  
A CUE triggers a ROUTINE to get a REWARD.

The **ROUTINE** is usually the most obvious aspect of the loop: it's the habit you want to change.



To change a habit, you must identify the specific **CUES** that prompt your **ROUTINES**. Cues tend to fall into the categories below. Every time you repeat your routine, note the cues. This can help you recognize your cues more clearly and identify any patterns.

Categories of cues:

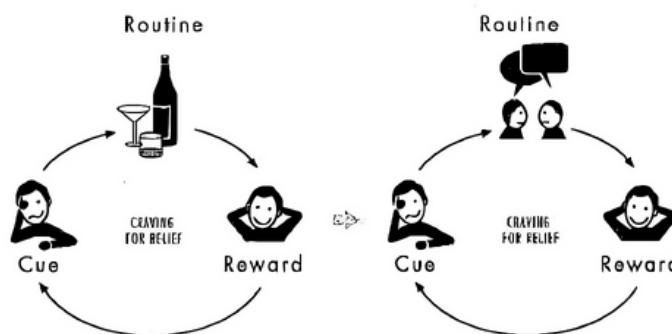
- location
- time
- emotional state
- other people
- action preceding urge

Habits develop when **ROUTINES** yield **REWARDS**. To change a habit, you must identify the specific rewards you get from a routine. Rewards tend to fall into the categories below. Experiment with new routines to find ones that give you the same reward.

Categories of rewards:

- physical
- sensory
- emotional
- social
- social

When you know your habit loop,  
you plan for the **CUE** with a better **ROUTINE** for the same **REWARD**.



Know your "why" for making change



Try not to change multiple habits at once



Focus on the process, instead of the outcome