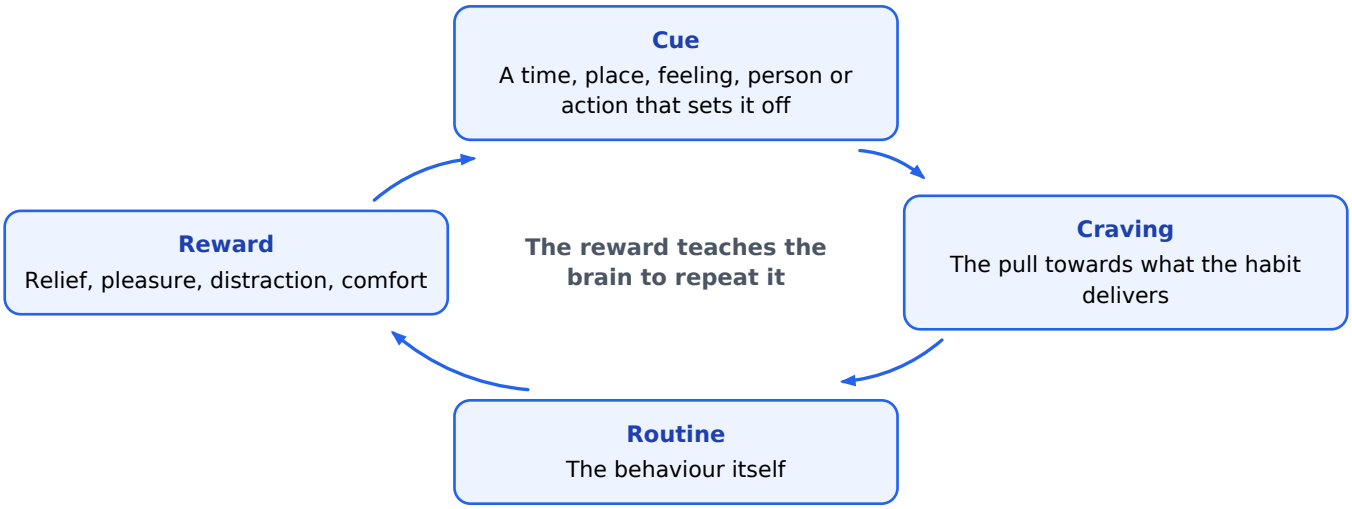
The habit loop

The four parts of a habit, and how to change one of your own.

Name _____ Date _____

A habit is a behaviour that has become automatic because it was repeated in the same context and brought some kind of reward. This is why willpower alone rarely changes one.



Changing a habit

1. **Spot the cue.** When and where does it happen? What am I feeling? Who is there?
2. **Name the reward.** What do I really get from it? Often it is relief from a feeling.
3. **Keep the cue and the reward. Swap the routine** for one with a similar pay-off.
4. **Make the old routine harder and the new one easier,** then repeat. New loops take weeks, and slips are part of it.

My habit

The habit I want to change

Cue

When, where, feeling, who, what just happened?

Reward

What do I really get from it?

A different routine that could give me something similar

How I will make the old routine harder and the new one easier

The habit loop was popularised by Charles Duhigg in The Power of Habit.

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