HOW TO CHANGE A HABIT

Do you want to change a habit?

yes

the habit you want to change

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?

You don't need all of these to create a habit. ONLY ONE OF THEM IS NEEDED TO BECOME A CUE. But the more you test out the faster the habit takes hold

the reward

what reward do you get from the new habit? This is what you are craving.

try another reward. Is your craving still there?

yes

that's what you're REALLY craving.

no

substitute the opposite reward (ex. walking instead of cookie)

yes

no

try different things until you figure out a reward

the routine

now you can try a new ROUTINE: a new activity, triggered by an old cue, that delivers the old reward

routine

reward

cue