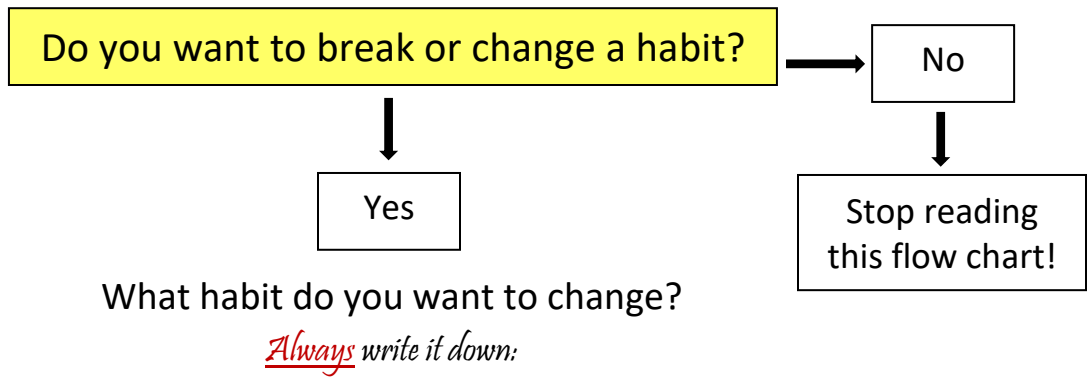


HOW TO BREAK A HABIT



Step One The Cue

When you feel the urge for your habit, ask yourself -

What time is it?

Where will you be?

Where are you?

Who else is around?

What did you just do?

What emotions are you feeling?

ONLY ONE OF THESE IS THE CUE.

Look for which one stays the same every time you feel the urge.

Step Two The Reward

What craving do you think this 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?

YES!

That's what you're *really* craving.

NO!

Substitute another reward (i.e., instead of eating a cookie, take a walk) Is the craving gone?

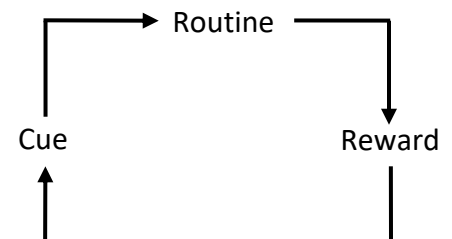
YES!

NO!

Keep experimenting until you find something new that satisfies the urge.

Step Three The Routine

Now that you have identified the Cue and the Reward,
INSERT A NEW ROUTINE



**REMEMBER!
WRITE IT DOWN!
POST IT WHERE YOU CAN SEE IT!**

After one week, the new habit will become easier. After three weeks it will become easier than the old habit. After four weeks it will become **automatic.**

From Charles Duhigg's "The Power of Habit: Why We Do What We Do in Life and Business"

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