

# HOW TO CREATE A NEW HABIT

What habit/behavior do you want to create?

## Step One The Cue

Every Habit has a Trigger

What time will this habit occur?

Where will you be?

Where will you be?

Who else will be around?

What will you have just finished?

What emotion do you think you will be feeling?

Only one of these is needed to create a cue. But the more you test out, the faster the new habit will take hold.

## Step Two The Reward

What reward will you give yourself at the end of the behavior?

Do you actually – *truly* – enjoy this reward?

YES!

After a few days, ask yourself: Do you crave the reward when you are exposed to the cue?

NO!

Choose a new reward

NO!

YES!

After two weeks, ask yourself: Do you crave the intrinsic reward of the habit (how it makes you feel) more than the extrinsic reward – what you give yourself as a reward?

NO!

YES!

You've got a POWERFUL new habit!

## Step Three The Routine

Now pull it all together!



**REMEMBER!**  
*Write it down*  
**AND POST IT WHERE YOU CAN SEE IT!**