

The Habit Cheat-Sheet

How they work: The Habit Loop

A trigger that tells the brain to initiate a habit sequence.



Cue



Routine



A physical, mental, or emotional action.

Reward



Any positive stimulus that indicates to the brain that this routine was a good one.

How to eliminate bad habits

1 Mindfulness.

Train yourself to consciously recognize whenever you are in the middle of the negative routine.

2 Identify the cue.

Mid-routine of a bad habit, pause and write down 3 possible cues.

3 Identify the reward.

Mid-cue, write down 3 potential cravings/rewards .

a

b

The Passive

Set a 15 minute alarm. Continue with routine. When it goes off, see which cravings were satisfied.

The Active

Experiment with a new routine to give the same reward. If the urge remains, you got the reward wrong.

4 The fix.

Utilize the existing structure to eliminate the routine.

Best

Swap the bad routine for a good one that satisfies the same craving.

Okay

Use the existing cue for a totally different action.

When Necessary

If the cue itself is negative, plan out a way to avoid it.