

## Changing Habits

Habits are compound interest of self-improvement and critical to sustained change. It is only when looking back 2, 5, or perhaps 10 years later that the value of good habits and the cost of bad habits becomes strikingly apparent.

### WHAT IS A HABIT

→ A simple form of learning - a change of behavior with experience

### CHARACTERISTICS OF HABITS

- a. General don't require conscious attention - somewhat automatic
- b. Bring uniformity in the activities of the individual
- c. Over time they become interesting

### THE HABIT LOOP

Problem Phase (lead)		Solution Phase (lag)	
<b>CUE</b> (Trigger)	<b>CRAVING</b> (Drive)	<b>ROUTINE</b> (Behavior)	<b>REWARD</b> (Benefit)
<ul style="list-style-type: none"> <li>• How can you remove the cue?</li> <li>• How can you reduce or minimize the cue?</li> <li>• When does the craving start? Why?</li> </ul>		<ul style="list-style-type: none"> <li>• What new routine can you implement that will give you the same reward?</li> <li>• How often do you want to still do the current routine? What makes sense?</li> </ul>	

### RECOMMENDED READING

- The Power of Habit by Charles Dewigg
- Atomic Habits by James Clear
- High Performance Habits by Brendon Bruchard
- 4 Disciplines of Execution by Stephen Covey
- BJ Fogg Tiny Habits

### NOTES...

## The Habit Loop

### Example

Cue	Routine	Reward
Example		
Work 10+ Hours	Glass of Wine	Transition Relax
Example Solution		
Reduce Exposure	Find a New Routine	Same Reward
Decrease Work Time	Walk after Dinner	Transition Relax

## My Habit Loop

Cue	Routine	Reward
My Habit Loop		
Brainstorm		
Reduce Exposure	New Routine	Same Reward