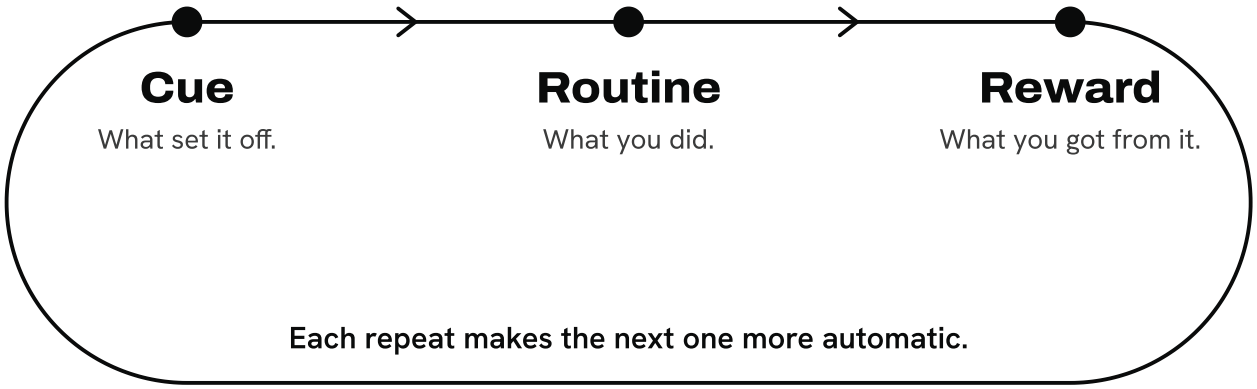
Map your habit loop

Every habit runs a cue, a routine and a reward. Pick one habit. For one week, fill in a line each time it happens.



The habit

When	Where	Feeling	Who was there	Just before	Caught
Tue 2:40 pm	Desk	Bored	Nobody	A long call	B D **A**
					B D A
					B D A
					B D A
					B D A
					B D A
					B D A
					B D A
					B D A
					B D A

Caught: circle **B** if you noticed before it started, **D** during, **A** after. The five questions follow Charles Duhigg, *The Power of Habit*.

Swap the routine

On day 7, read your lines. Then keep the cue and the reward, and change what happens between them.

The cue that showed up most

A time, a place, a feeling, a person, or what you had just been doing.

The reward you were after

A break. Less tension. Something to do with your hands. A smooth edge.

Your new routine

Something that gets you the same reward. For a habit of the hands, pick an action that makes it impossible while you hold it.

Example: When I am on a long call and I feel bored, I will press my palms on my thighs for 60 seconds.

When I am _____ and I feel _____, I will _____ for 60 seconds.

Thirty days

Tick each day you ran the new routine at least once. A missed day is fine. Pick it up the next day.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30										

The hard part is catching the routine as it starts. Habitloop is a wearable that buzzes the moment it does. wearhabitloop.com/habit-loop