

Creating a good habit

1st Law (Cue): Make it Obvious

Cue Identification:

- What will be the trigger or cue for your habit?

- When and where will it happen?

Visual Cues:

- How can you make the cue more noticeable?

2nd Law (Craving): Make it Attractive

Create a Positive Association:

- How can you associate positive feelings with the habit?

- What would make the habit more appealing to you?

Immediate Rewards:

- What small, immediate rewards can you associate with the habit?

3rd Law (Response): Make it Easy

Start Small:

- How can you break down the habit into smaller, manageable steps?
- What is the easiest version of this habit?

Remove Barriers:

- What obstacles can you eliminate to make the habit easier?

4th Law (Reward): Make it Satisfying

Celebrate Success:

- How will you celebrate each successful completion of the habit?
- What will be the satisfying outcome?

Breaking a Bad Habit

Inversion of the 1st Law (Cue): Make it Invisible

Cue Modification:

- How can you make the cue less noticeable or remove it altogether?
- Can you change the environment to minimise exposure?

Inversion of the 2nd Law (Craving): Make it Unattractive

Negative Associations:

- What negative consequences can you associate with the habit?
- How can you make the habit less appealing?

Inversion of the 3rd Law (Response): Make it Difficult

Create Obstacles:

- What obstacles or barriers can you introduce to impede the habit?
- How can you increase the effort required to engage in the habit?

Inversion of the 4th Law (Reward): Make it Unsatisfying	
Negative Reinforcement: <ul style="list-style-type: none">• What negative outcomes can you associate with the habit? • How can you make the habit less rewarding?	