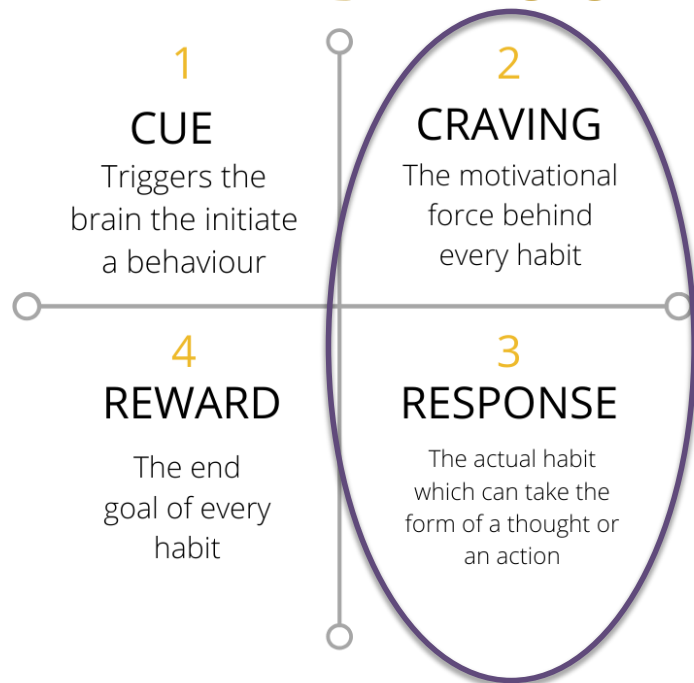


THE HABIT LOOP



TEXAS A&M
UNIVERSITY

THE HABIT LOOP



Note, sometimes craving and response are combined and called "ROUTINE"

Building Good Habits	Breaking Bad Habits
1. Make it obvious	1. Make it invisible
2. Make it attractive	2. Make it unattractive
3. Make it easy	3. Make it hard
4. Make it satisfying	4. Make it unsatisfying

