

# HOW TO CHANGE A HABIT



find THE TRIGGER



find THE REWARD



change THE ACTION

When you feel the urge to do the habit...

What were you just doing?

What are you feeling?

Who are you with?

What time is it?

Where are you?

When you do the action what are you craving?

Test it!

Replace what you think is the reward with something neutral



Neutral Replacement

If the craving is gone, you've found the reward  
If the craving is not gone, keep experimenting

Think of a new action that can be started by the same trigger and from which you can get the same reward.



And a few last pointers...

Do **NOT** set a precedent.

Truly **BELIEVE** that you can do it.

# Change And Habit The Challenge Of Our Time

**RS Peters**



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