

**EFFORT :**  
**3. THE THREE R'S**  
**OF HABIT**

**WHEN YOUR SNAPCHAT  
STREAK ENDS**



**HABITS ARE OFTEN REFERRED  
TO AS 'THE INVISIBLE  
ARCHITECTURE OF OUR  
LIVES'.**

**SO... WHAT ARE YOUR  
HABITS?**

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**IF YOU HAD TO LIST  
THREE HABITS YOU'D  
RATHER NOT HAVE,  
WHAT WOULD THEY BE?**

**WHAT ARE YOUR  
GOOD HABITS?**

**IT'S FAR EASIER TO  
START A NEW HABIT,  
THAN BREAK AN OLD  
ONE!**

**BIG IDEA**



Stanford University has a "Persuasive Technology Lab".

Here academics study how interactive technology used in social media and gaming is **changing our habits**.

Dr B.J. Fogg, from the lab is currently studying how mobile phone apps, like Snapchat, **develop habit formation - like repeated patterns; streaks.**

**EFFORT is also a HABIT**

Some people have the effort habit while others don't - which are you??

**Habits aren't set forever** they come and go, meaning you can break habits and form new ones.

It is possible to form **new, positive, habits** if you are motivated.

### 3 PARTS OF HABIT FORMATION:

#### 1. The Reminder / Cue

- × A cue is your brain triggering the habit behaviour.
- × It might be a time of day, a place, the smell of canteen cookies...
- × Habit cues exist in patterns of behaviour like:
  - Stopping at the shop on the way home.
  - Needing to leave at the same time.
  - Playing a game instead of completing your work.
  - Having to check your phone immediately when there is a notification.

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### 3 PARTS OF HABIT FORMATION:

#### 2. The Routine

- × This is the actual behaviour itself.
- × E.g. Walking into the same shop each day on your way home and buying the same chocolate bar to eat.

#### 2. The Reward

- × This is the good feeling you get from the behaviour; the taste and satisfaction you feel from eating your favourite chocolate!
- × The reward-feeling soon disappears and we repeat the behaviour.

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**OLD HABITS REQUIRE EFFORT TO CHANGE.  
THIS MAKES THEM POWERFUL ONCE THEY ARE FORMED.  
HOW CAN YOU DEVELOP SOME NEW POSITIVE HABITS?**

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### THE HABIT PLANNING GRID

#### 1. Choose a trigger attached to something that happens to you everyday. For example:

- At the end of every lunch hour I will...
- As I finish my breakfast I will...
- At 3pm, at the end of the school day, I will...
- After my trip to Costa I will...

#### 1. Choose a routine that is easy to achieve. It might be:

- To sort out your notes for 30mins.
- Review your homework.
- Do 1 hrs research and take notes on a difficult topic.

**At this stage remember:**

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**ROUTINE  
MATTERS!**

### THE HABIT PLANNING GRID

#### 3. Finally, the reward

- Start small!
- A verbal reward can develop self pride, just saying "Great work" to yourself makes you feel good about what you've achieved.
- Spending some time on something you enjoy, or simply having a cup of tea builds the association in your brain.
- Perhaps eat some of the chocolate bar you bought on the way home...
- Save bigger rewards until the habit is established and is helping you, for example when you finish the end of term exams, or once all your coursework has been completed and handed in.

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### HABIT PLANNING GRID

Over to you.

Use a grid like the one below to start planning your future habits:

Reminder:	
Routine:	
Reward:	

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### FINAL THOUGHTS

- × Remember – it's far easier to start a new habit, than break an old one!
- × When you plan a new habit, don't use the negative language associated with breaking habits –
- × Avoid "I must stop being lazy..." or "I've got to stop missing homework".
- × Instead use, "From Monday, I'm going to start working harder"
- × Allow yourself slips and mistakes. They happen to everyone.
- × Successful students keep going even when they've broken a habit.
- × Unsuccessful students give everything up when they make a mistake – don't let this be you!

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