

# **The power of Habits**

# Agenda



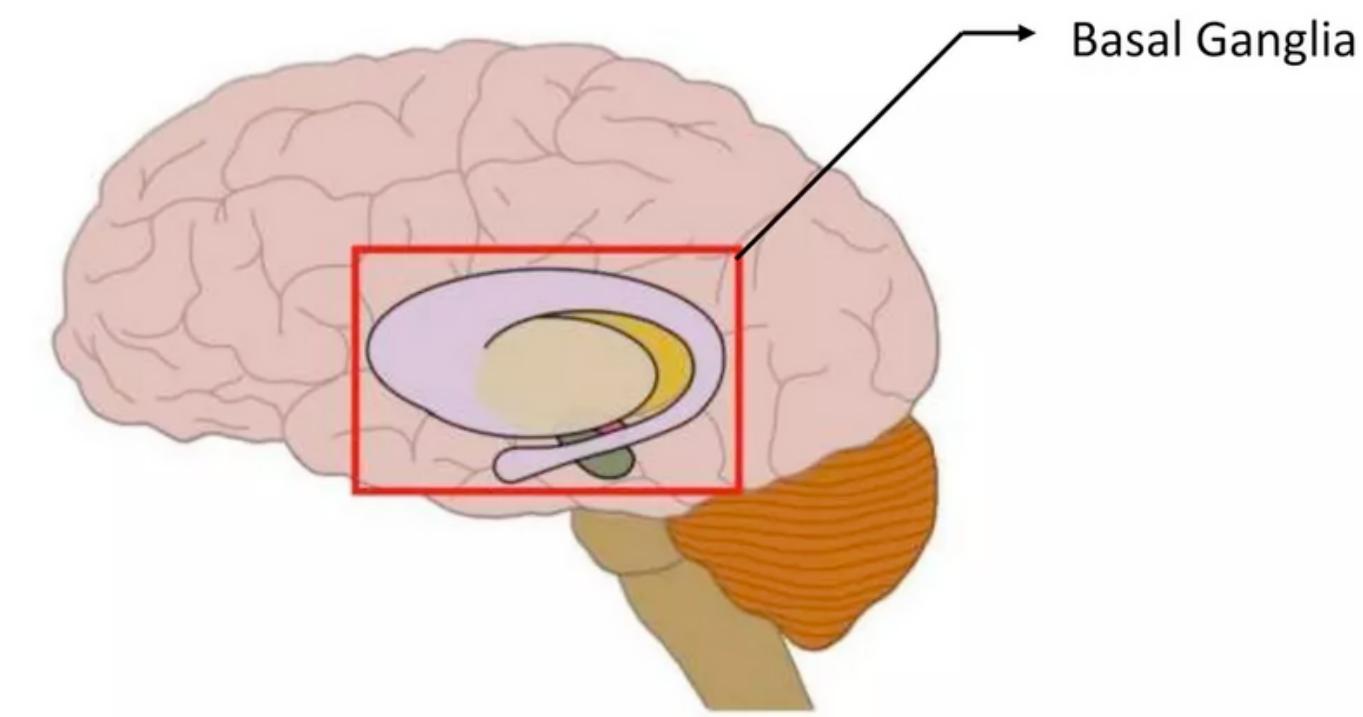
# **Introduction to Habits**



All our life, so far as  
it has definite form,  
is but a mass of  
HABITS.

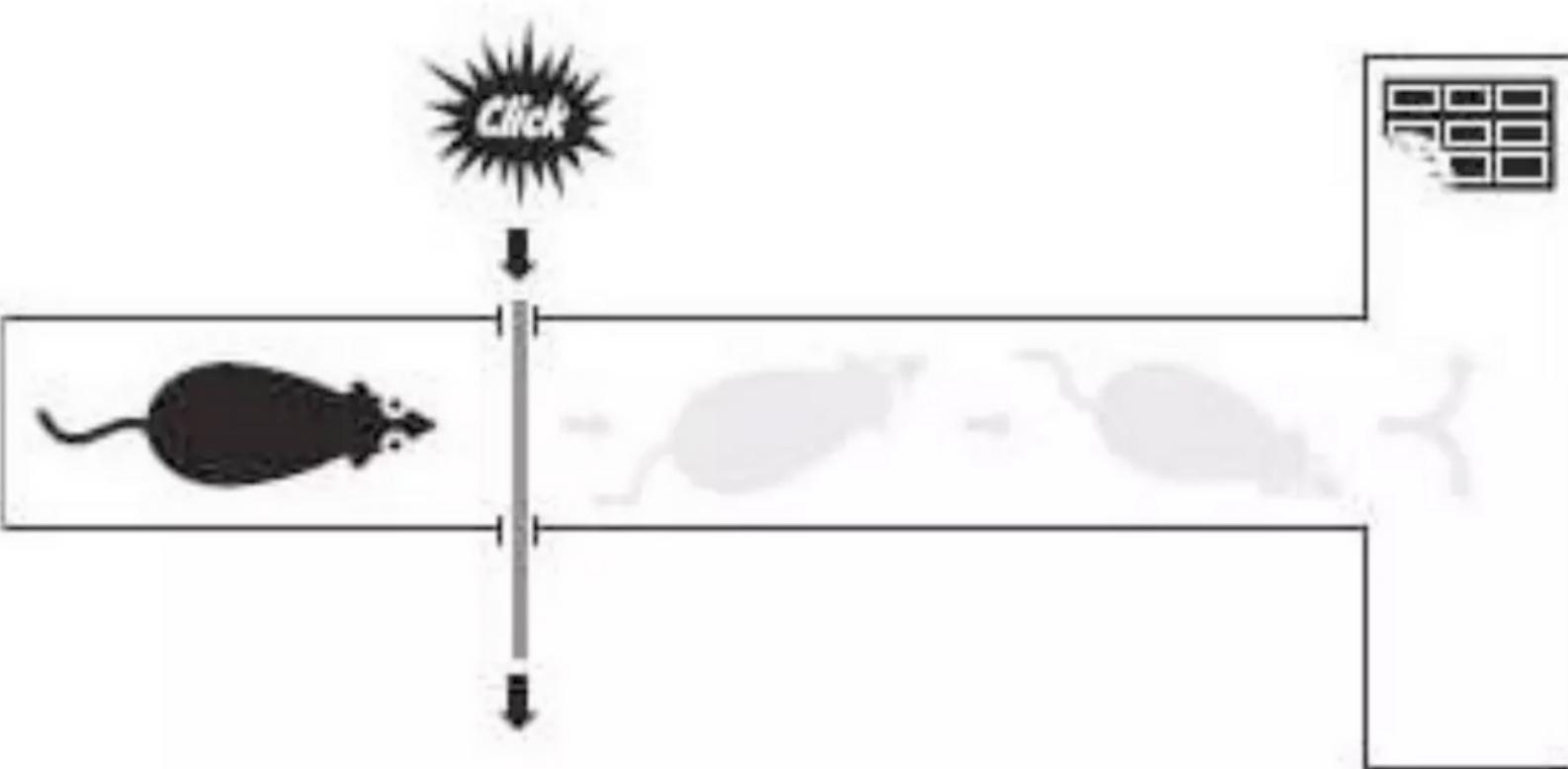
- William James

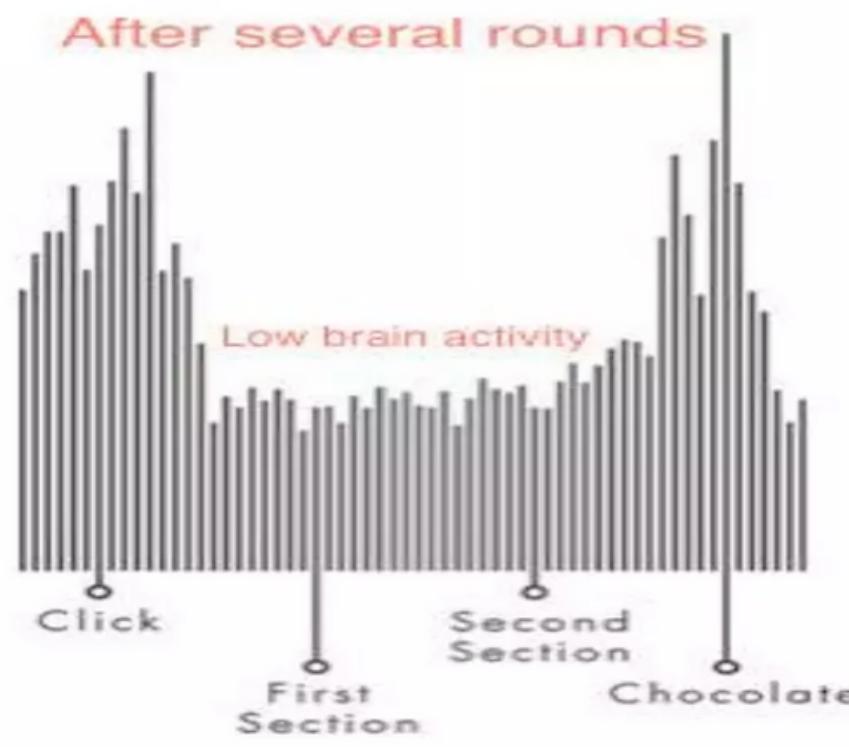
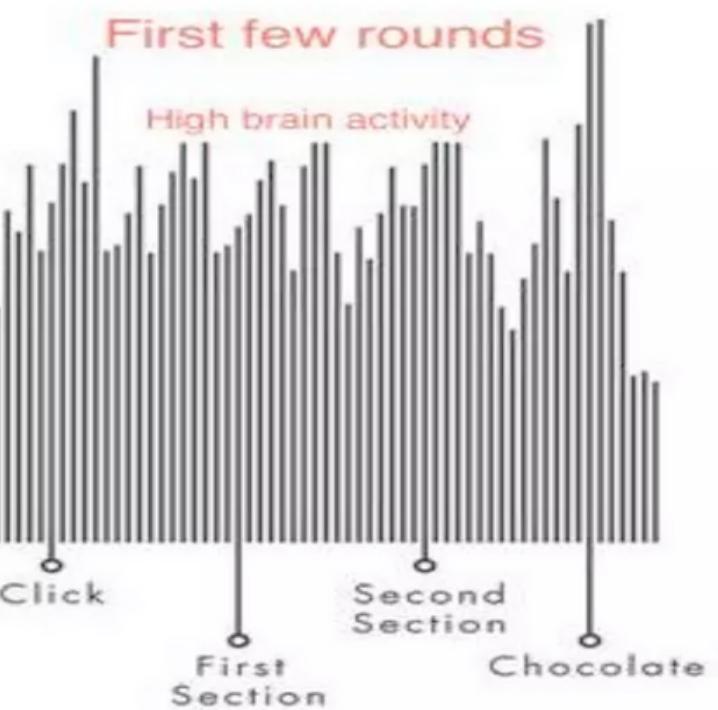
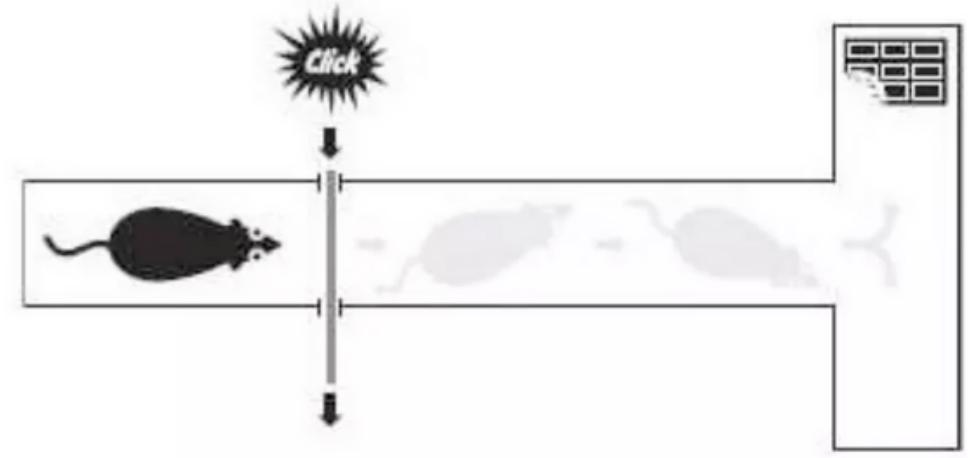
# HOW HABITS WORK?



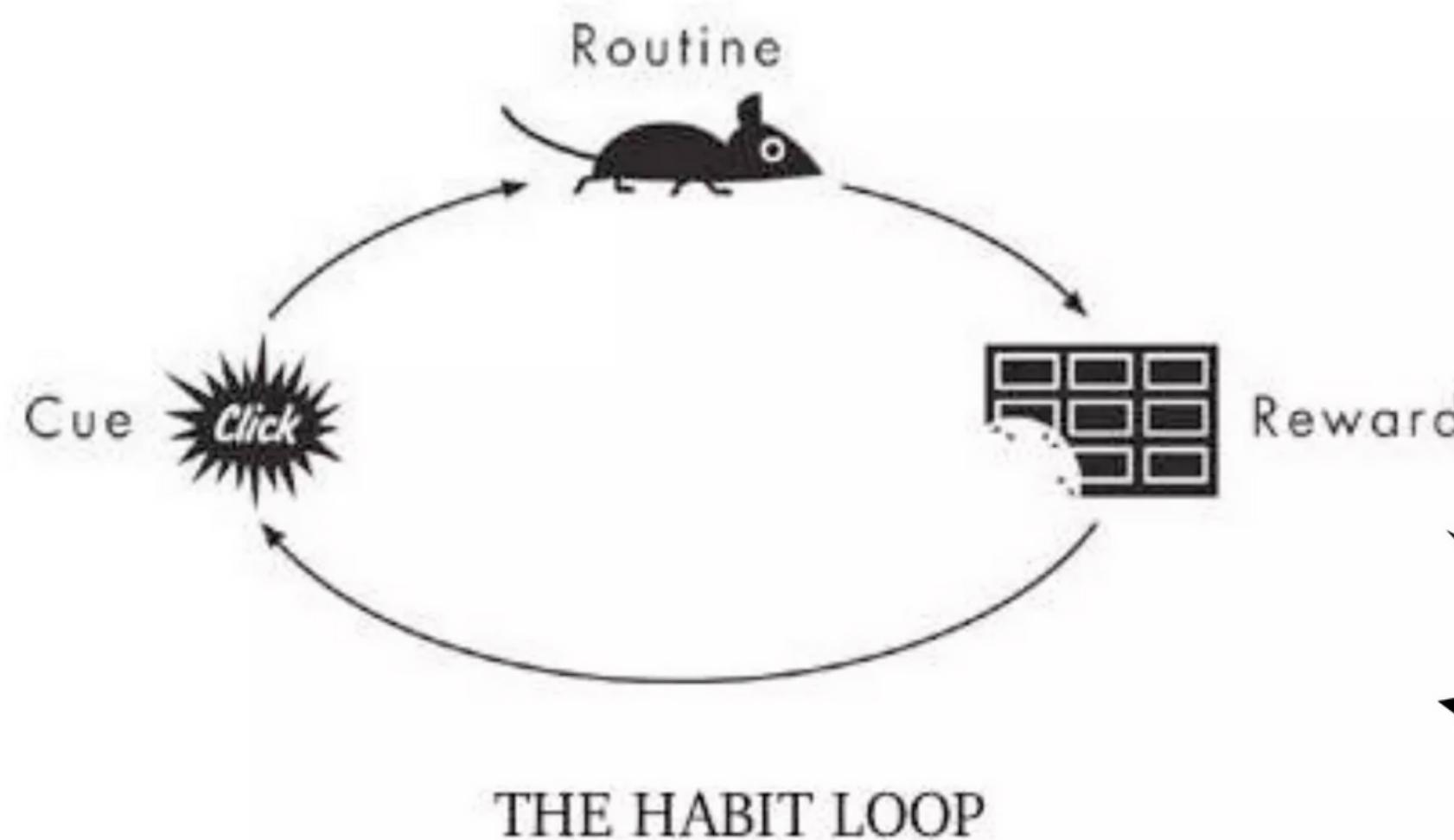
MEMORY HAS NOTHING TO DO WITH HABIT FORMATION!

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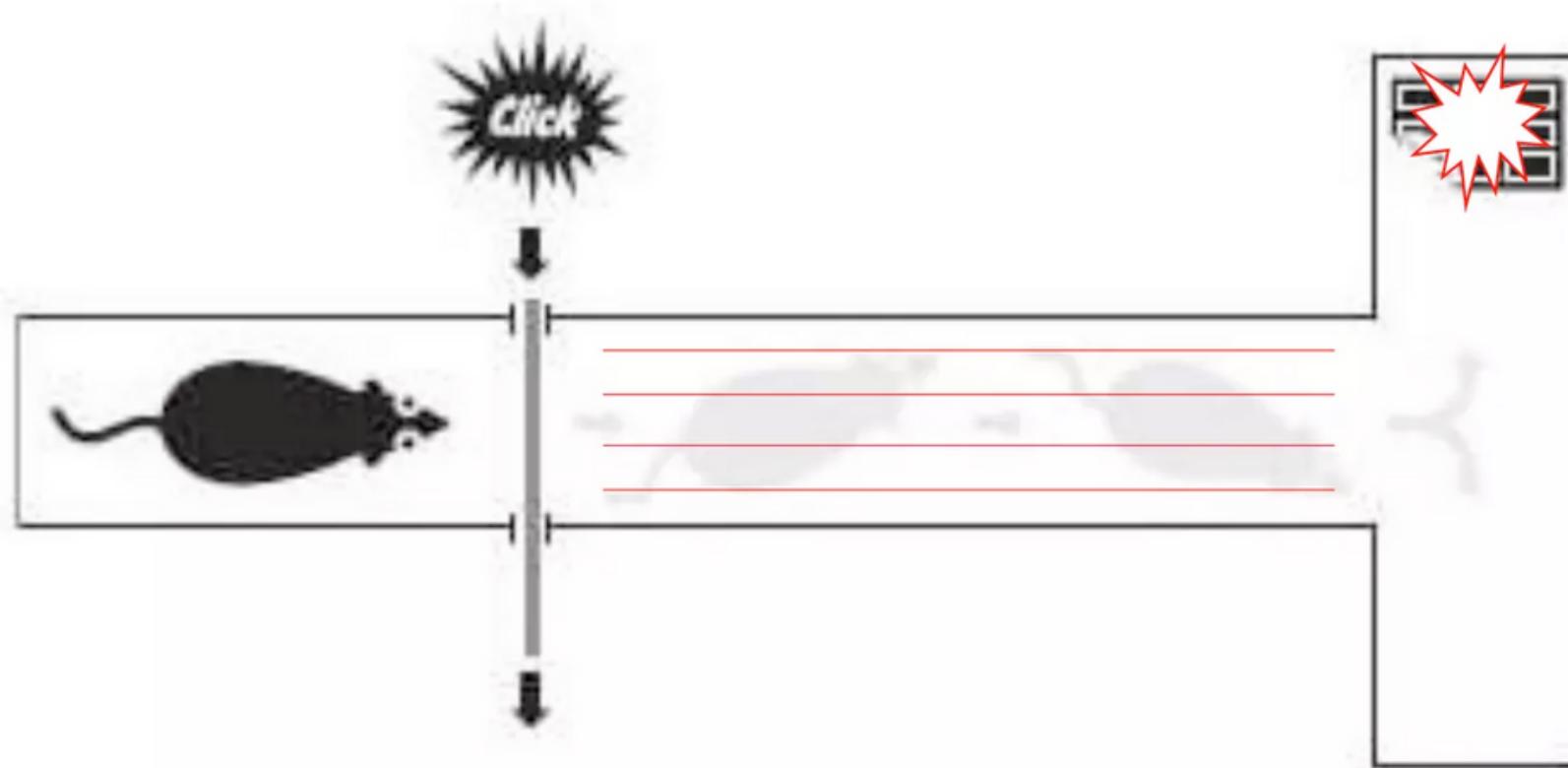


# HOW HABITS WORK?



A HABIT IS  
BORN!

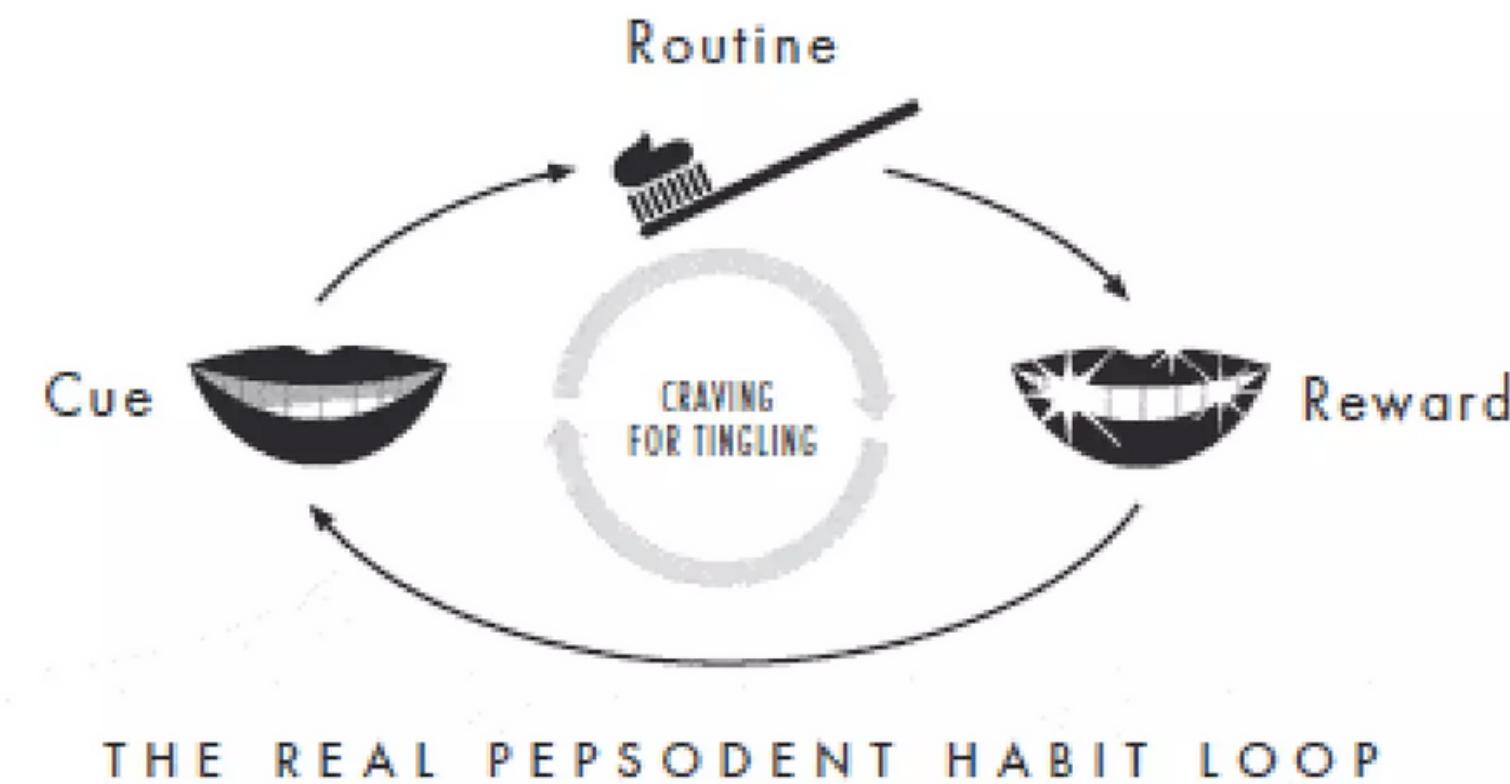
HABITS ARE OFTEN AS MUCH A CURSE AS A BENEFIT



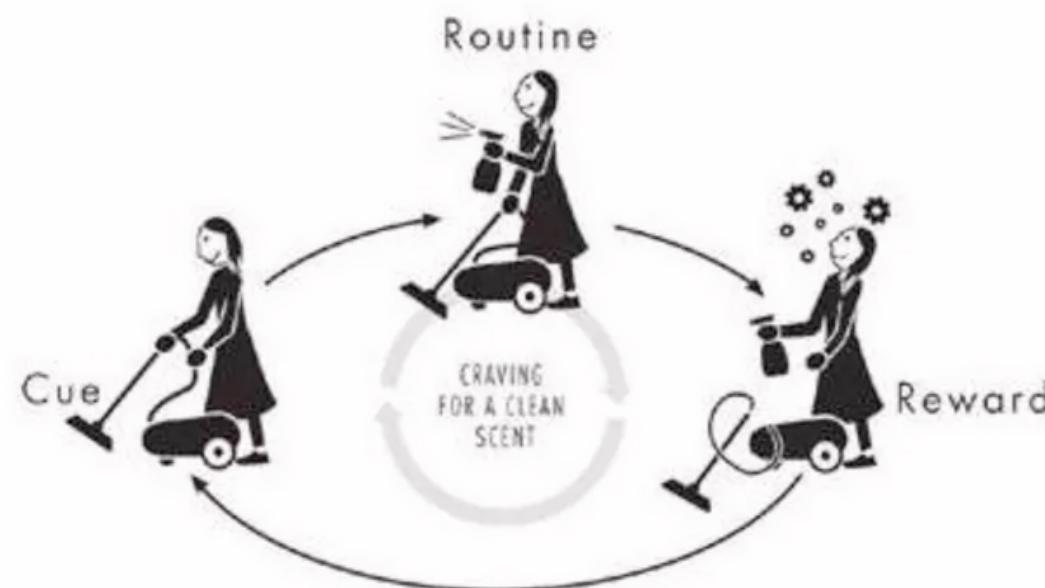
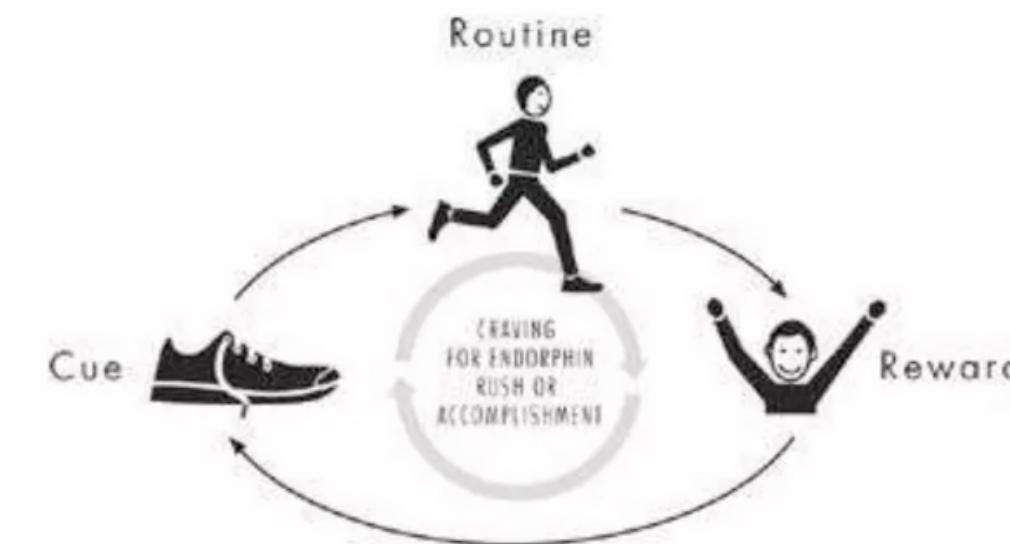
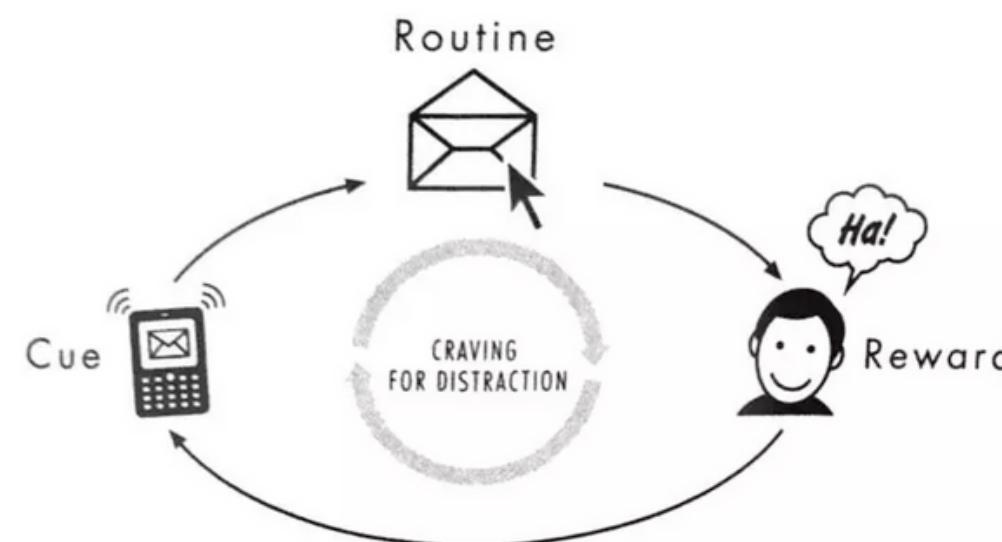
# HOW TO CREATE NEW HABITS?



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Cue: The cue is the trigger that sets off the habit. It can be anything from a specific time of day to a particular emotion or situation. For example, feeling hungry could be a cue for the habit of snacking, or feeling stressed could be a cue for the habit of smoking.

Routine: The routine is the behavior or action that follows the cue. This is the habit itself, the thing we do automatically and often unconsciously. For example, if the cue is feeling hungry, the routine might be to reach for a bag of chips or grab a candy bar.

Reward: The reward is the positive feeling or outcome that reinforces the habit. It's what motivates us to continue the habit in the future. For example, the reward for snacking might be the taste of the food, or the reward for smoking might be the relief of stress.

# THE GOLDEN RULE OF HABIT CHANGE



AWARENESS IS THE KEY!

We are what we  
repeatedly do. Excellence,  
then, is not an act, but a  
HABIT.

- Aristotle

