

# Sketchnote: The Science of Habits

with Dr.  
Wendy Wood

43%

of behavior  
is habitual

2-3 months

to build a habit



friction

people are  
lazy....



so:  
make it...

easy for good habits 😊

hard for bad habits 😞

zzzzzz...  
tired?

stressed?

lazy?

fall back on good and bad habits...



(exercise)



(smoking)

so....

build good  
ones

EB. CS247B