

"Go on green!"  
 "Stop on red!"

### Context

- Context Prompts action

### Person

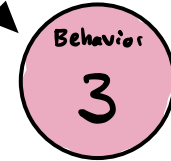
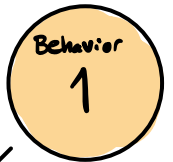
- Person Prompts action

### Action

- existing routine prompts action

"No behavior happens without a Prompt"

After I (Anchor  
 • flush the toilet  
 • park the car  
 • brush my teeth), I will (New Habit  
 • do push-ups  
 • go on a run  
 • play with my dog)



behaviors happen in Sequence



Breaking the routine

