



FLOSSING - PUSH UPS - JOURNALING - GYM
YOGA - CLEAN - WALK - RUN - READ - MEDITATE
HYDRATE - BREAKFAST - GRATITUDE - PLAN
MAKE BED - STRETCH - SLEEP EARLY

NEW HABITS

Not great for behavior design.

HUNGER

① PERSON PROMPTS

ANXIETY

TIREDNESS

THIRST

Finnicky, hard to control - like fish!

SKETCH NOTE

TINY PROMPTS

1. Person
2. Context
3. Action

②

CONTEXT PROMPTS

③

ACTION PROMPTS

STICKY NOTES

Best for one-time behaviors

More grounded than fish...
... but not as strong as anchor.

Too many Context Prompts can desensitize you and backfire.

ODDLY-PLACED REMINDERS

These are environmental cues to take action

CHECKLISTS

EXISTING HABITS

LET'S TAKE A CLOSER LOOK

1. Location ✓
2. Frequency ✓
3. Theme ✓

SWEEP GARAGE
BRUSH TEETH
PEE
TURN OFF ALARM
STAY