

HABITS

→ what defines a habit?

LEARNING MECHANISMS → repetition

"self control"

"will-power"

WHY ARE HABITS hard to CHANGE?

↳ old cues trigger routines

↳ Not motivation → low = HABITS return

SO
HOW DO
GOOD
HABITS
form

1. Make behavior
Easy

2. Reduce
Friction

REPEAT

→ small rewards
Keep loop alive

Breaking

BAD HABITS

* Disrupt cue Δ Change Environment

↑ Increase friction

(↗) replace w/ competing routines