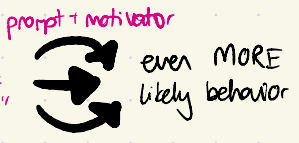
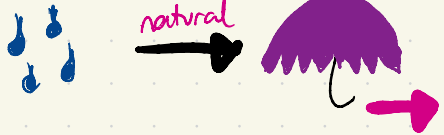


how do prompts influence behavior?

PROMPT → BEHAVIOR



"CLICK HERE FOR PRIZE"

what are the types of prompts?

① Person Prompt *relying on something inside you*

CAUTION memories are notoriously faulty!

bedding urges to eat & sleep are examples

② Context Prompt *your environment cues you*

too many stress prompts

DO THIS DO THIS DO THIS

③ Action Prompt *current behavior → new habit*

anchors

existing behavior → existing behavior → new behavior!

TINY HABIT RECIPE

