Consistency/stable context cues make habits turn and persist faster

habits nate. variety

habits are relatively cue

Why consistency matters?
- context changes → take you to think/decide
- context changes you to break automatic

What context cues are
- physical (environmental) cues: your objects, the set part of your cue set
- Tiny things cues focus automaticity
- tech/micro cues
- Signals → cue also (an app beep etc)

rewarded cues capture attention automatically
- Attention and reward history → control context to control habits
- takeaway: control context to control habits
- context cue naming is specific

e cues build stable cues
- performance cues
- +prs of cues; boundaries — emotion shifts — temp changes
- when on automatic cues bring you back it → something breaks

stacking behaviours on old cues
- stacking + swapping
- stacking (existing)
- swapping (flossing)
- swapping response to a cue