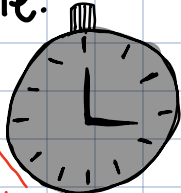
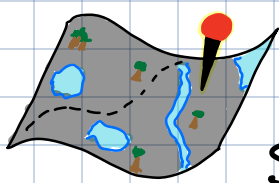


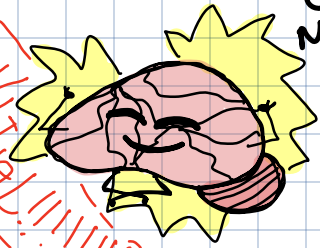
Time!



Location!



State of Mind!



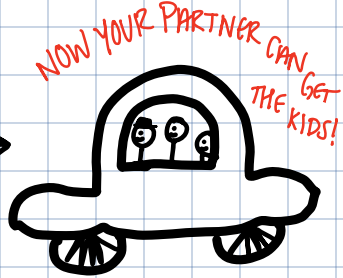
STABLE CUES ARE People Around You!



CUES!



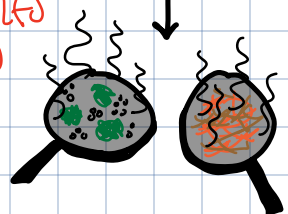
GET GAS!



NOW YOUR PARTNER CAN GET THE KIDS!



HAPPY CYCLES THAT GO W/O SAYING!



COOK DINNER IN THE MEANTIME!

Mindlessness is the signal of consistent context cues.

Stacking + Swapping

CONSISTENCY IS FOR CLOSERS

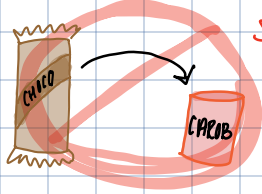
Sketchnote by Bennie Nkwantabisi

Habits need stable contexts!



MORNING COFFEE

STACK BEHAVIORS YOU NEED W/ ESTABLISHED



SWAP OLD HABITS W/ DEFENSIBLE ALTERNATIVE!



Attention-grabbing effects of cues

I was going to grab one...right?

