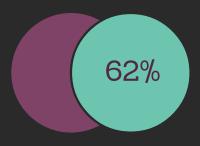
REWIRE YOUR HABITS



87%

75%



1

CRAVING/ACTION

Identify the craving/action that's driving the routine.

2

REWARD

Understand the reward achieved or gained.

3

TRIGGER

Discover the trigger; the pattern.

4

PLAN

Design a plan to interrupt the loop.
Practice brings progress!