**Habit Loop Worksheet**

*Inspired by Charles Duhigg's "The Power of Habit"*

**🌌 Understand Your Habit Loop**

Every habit follows a loop: **Cue ➔ Routine ➔ Reward**

Use this worksheet to identify patterns and rewire your habits.

**✅ Step 1: Identify the Routine**

What is the behavior or action you're trying to understand or change?

*Example: Scrolling social media late at night*

**My Routine:**

**🔍 Step 2: Find the Cue**

What triggers this habit?

* Location?
* Time of day?
* Emotional state?
* Other people?
* What just happened?

**My Cue:**

**🎁 Step 3: Discover the Reward**

What craving or need does this habit satisfy?

* Distraction?
* Comfort?
* Connection?
* Entertainment?
* Feeling of control?

**My Reward:**

**⚖️ Step 4: Experiment with Alternatives**

What new routine could meet the same need in a healthier way?

|  |  |  |  |
| --- | --- | --- | --- |
| **Trial** | **New Routine** | **Did It Work? (Y/N)** | **Why or Why Not?** |
| 1 |  |  |  |
| 2 |  |  |  |

**Example:**

* Instead of scrolling, I listened to calming music and journaled for 5 minutes.

**✨ Step 5: Make a Plan**

Choose one new habit to practice this week. Use a consistent cue and follow it with a new, intentional routine and reward.

**When I feel:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Instead of:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **I will:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Because it gives me:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Reminder:**

"Change isn’t about willpower—it’s about strategy. Habit is a loop. Learn the loop, change the pattern."

**Citation:** Duhigg, C. (2012). *The Power of Habit: Why We Do What We Do in Life and Business.* New York: Random House.