

# **How To Create/Change A Habit**

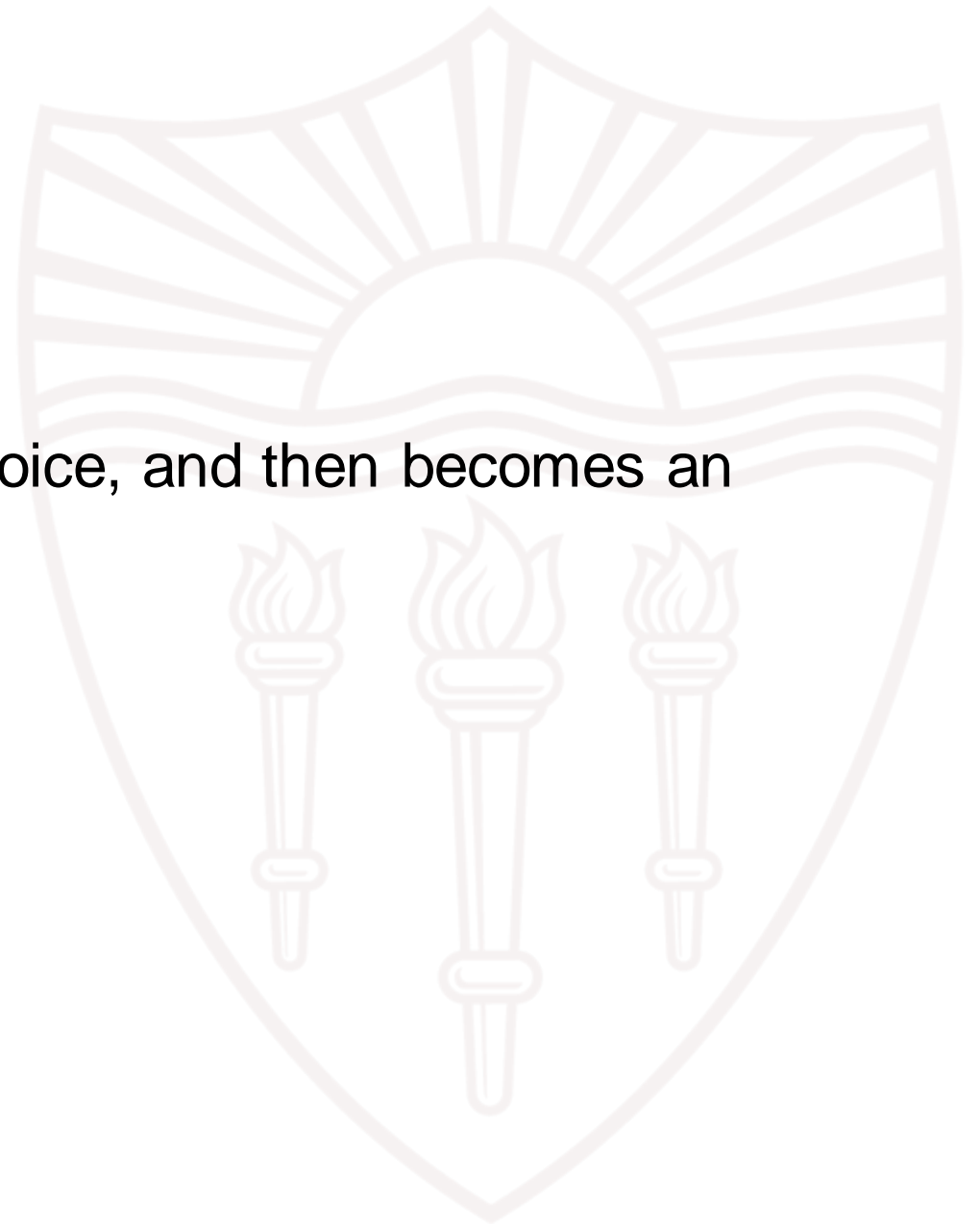
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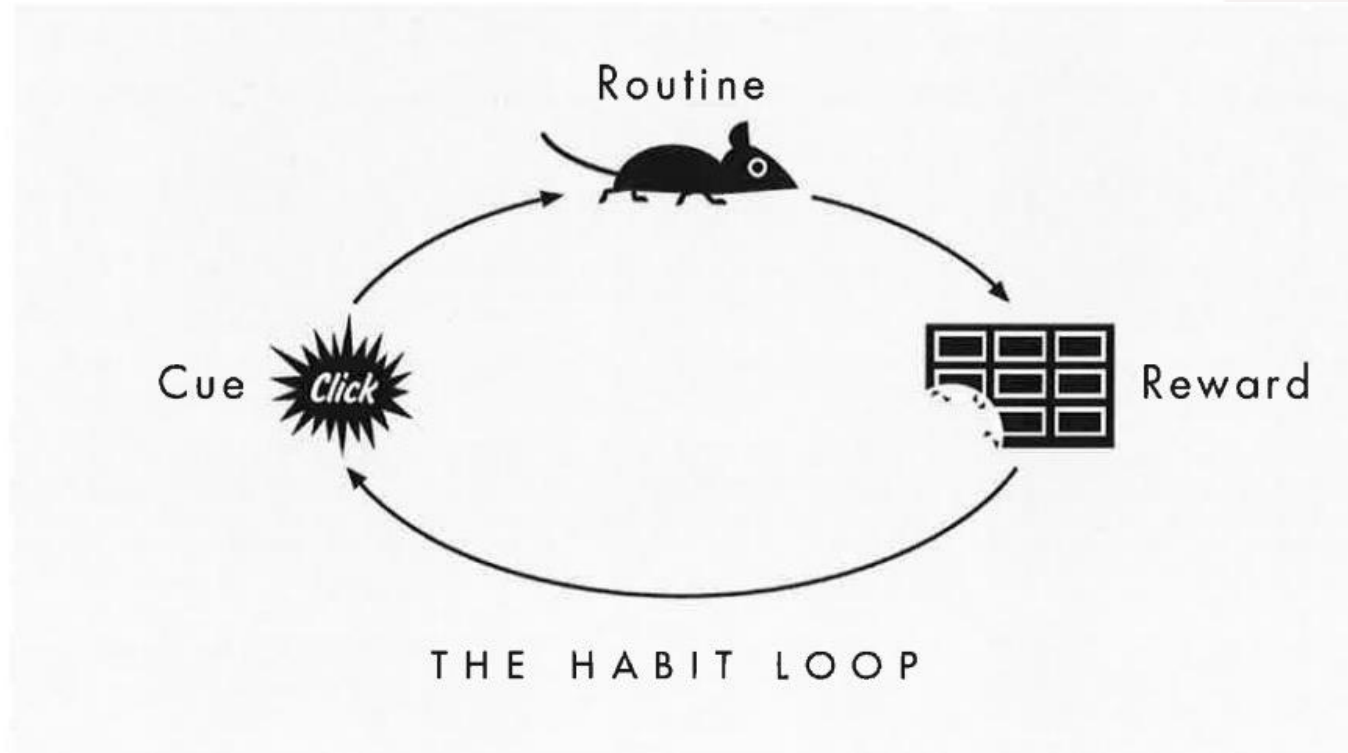


# What is a Habit?

- A habit is a behavior that starts as a choice, and then becomes an unconscious pattern.
- Habits influence our daily life
- Habit often takes place in a habit loop



# Habit Loop (Duhigg, 2012)



3 Basic Steps of Habit Loop:

When I see my CUE,  
I will do my ROUTINE  
to get a REWARD

Illustration: Birkett, M. & Dickson, K. (2012). *The Power of Habit Study Guide*. Random House.

# Examples of the Habit Loop

- **Habit of making plan before next day**
  - Cue - Before go to sleep at night
  - Routine - Sit in front of desk and writing the next day schedule or to-do list
  - Reward – Feeling in control of your study life the next day
- **Habit of scrolling the Tik Tok**
  - Cue – During a break
  - Routine - Scroll Tik Tok and other social media mindlessly for a while
  - Reward - Relaxation and entertainment even if you don't really gain something from it

# Keystone Habits

- Keystone habits are some habits are more powerful than others, and have the power to change how other habits work
- Once critical habits are identified and changed, they have the potential to have wide-reaching effects
- (Duhigg, 2012)

# **How to Create a Habit**



# How to create a habit – Step 1 The Cue



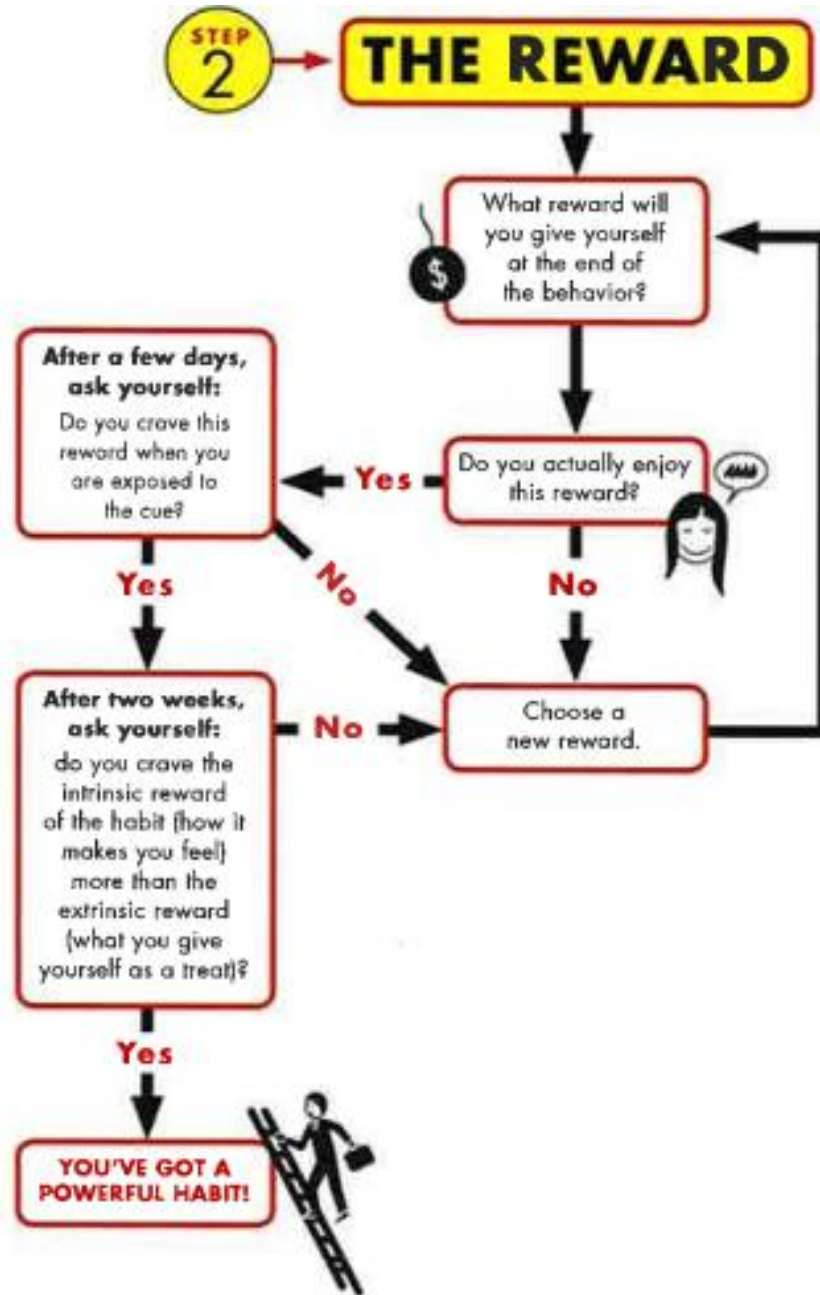
*Every habit has a trigger*



You don't need all of these to create a habit.  
**ONLY ONE OF THEM IS NEEDED TO BECOME A CUE.**  
But the more you test out, the faster the habit takes hold.

# How to create a habit

## Step 2 The Reward



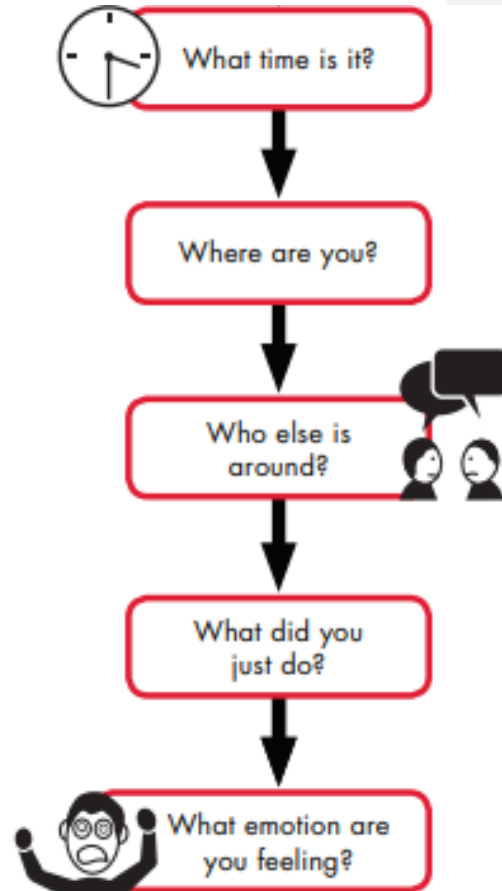
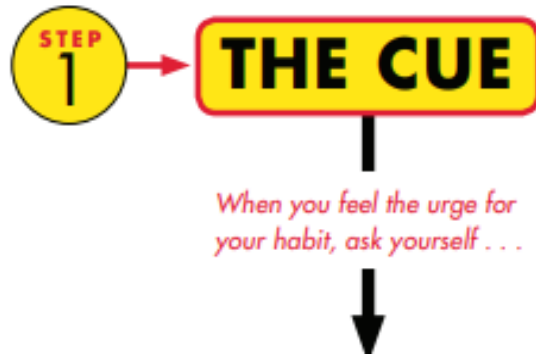




# **How to Change a Habit**

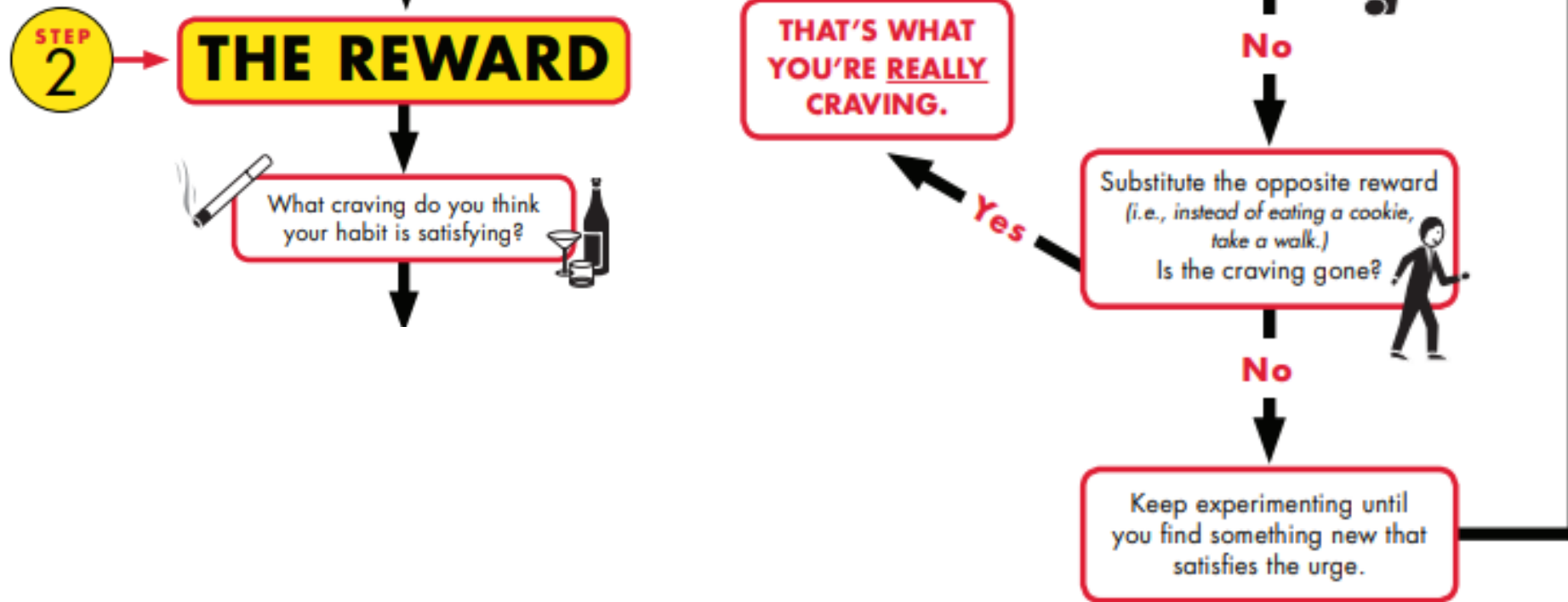


# How to change a habit – Step 1 The cue

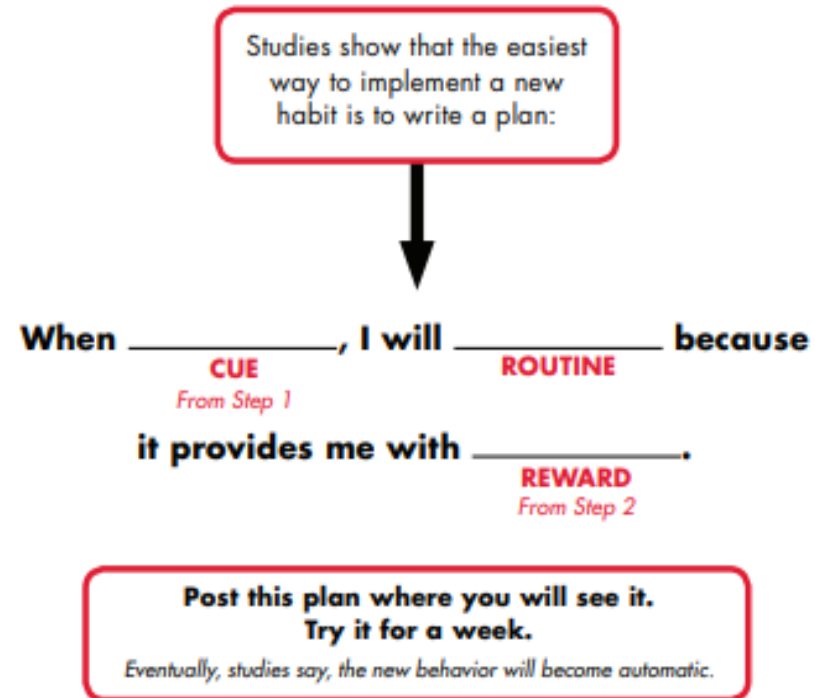
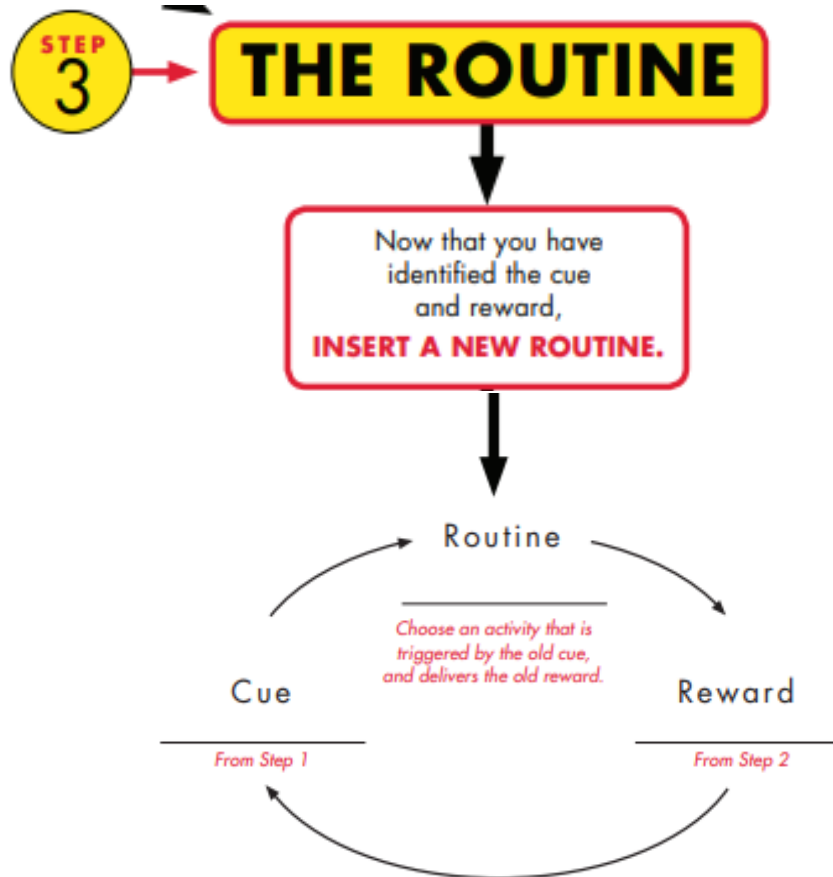


**ONE OF THESE 5 THINGS IS THE CUE.**  
**Look for which one stays the same every time you feel the urge.**

## How to change a habit – Step 2 The Reward



# How to change a habit - Step 3 The Routine



## References

Duhigg. (2012). The power of habit: why we do what we do in life and business (1st ed.).

Illustration Reference: Birkett, M. & Dickson, K. (2012). The Power of Habit Study Guide. Random House.