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

Examples of the Habit Loop

• Habit of making plan before next day
  o Cue - Before go to sleep at night
  o Routine - Sit in front of desk and writing the next day schedule or to-do list
  o Reward – Feeling in control of your study life the next day

• Habit of scrolling the Tik Tok
  o Cue – During a break
  o Routine - Scroll Tik Tok and other social media mindlessly for a while
  o 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.

- What time will this habit occur?
- Where will you be?
- Who else will be around?
- What will you have just finished?
- What emotion do you think you will be feeling?
How to create a habit
Step 2 The Reward

- What reward will you give yourself at the end of the behavior?
  
  **(Flowchart Diagram)**
  
  **Step 2: The Reward**

  - After a few days, ask yourself: Do you crave this reward when you are exposed to the cue?
    - Yes → Do you actually enjoy this reward? (Yes → YOU’VE GOT A POWERFUL HABIT!)
    - No → After two weeks, ask yourself: Do you crave the intrinsic reward of the habit (how it makes you feel) more than the extrinsic reward (what you give yourself as a treat)?
      - Yes → (Flowchart continues)
      - No → Choose a new reward.

  - If No to the question in Step 2, choose a new reward.

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How to create a habit – Step 3 The Routine

Studies show that the easiest way to implement a new habit is to write a plan:

When __________, I will __________ because

CUE

REWARD

From Step 1

From Step 2

This is the behavior you want to become a habit.

it provides me with __________.

Post this plan where you will see it. Try it for a week. Eventually, studies say, the new behavior will become automatic.
How to Change a Habit
How to change a habit – Step 1 The cue

STEP 1

THE CUE

When you feel the urge for your habit, ask yourself . . .

What time is it?

Where are you?

Who else is around?

What did you just do?

What emotion are you feeling?

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

1. What craving do you think your habit is satisfying?
2. Substitute another reward (i.e., instead of eating a cookie, have a cup of coffee.) Is the craving gone?
   - Yes
   - No
3. Substitute the opposite reward (i.e., instead of eating a cookie, take a walk.) Is the craving gone?
   - Yes
   - No
4. Keep experimenting until you find something new that satisfies the urge.
How to change a habit - Step 3 The Routine

The Routine

Now that you have identified the cue and reward, INSERT A NEW ROUTINE.

Studies show that the easiest way to implement a new habit is to write a plan:

When __________, I will __________ because __________

Cue
From Step 1

Routine

it provides me with

REWARD
From Step 2

Reward
From Step 2

Choose an activity that is triggered by the old cue, and delivers the old reward.

Post this plan where you will see it. Try it for a week.
Eventually, studies say, the new behavior will become automatic.
References

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