

# HABIT LOOP WORKSHEET

*Answer the questions in this habit loop template to break your bad habits and build better ones. This worksheet is based on the habit loop from James Clear's book Atomic Habits.*

## Break Bad Habits

**What bad habit do you want to break?**

**How can you make the cue invisible?**

**How can you make the craving unattractive?**

**How can you make it harder to respond?**

**How can you make the reward less satisfying?**

# Build Good Habits

What good habit do you want to build?

How can you make the cue obvious?

How can you make the craving attractive?

How can you make it easier to respond?

How can you make the reward more satisfying?

