

WHAT YOUR HABITS SAY ABOUT YOU


(AND HOW TO CHANGE THEM)

Habits shape identity. Every behavior follows a habit cycle, which runs on autopilot once it's formed.


- A **Bad Habit Cycle** keeps you stuck in unhelpful loops.
- A **Good Habit Cycle** supports your goals and well-being.




THE BAD HABIT CYCLE



Cue: Feel stressed




Routine: Check phone compulsively




Reward: Temporary distraction (but anxiety stays)


THE GOOD HABIT CYCLE



Cue: Feel stressed



Routine: 5-minute meditation or stretch



Reward: Calmer mind, lasting peace

HOW TO FLIP THE CYCLE:

- **Notice the cue.** Is it time-based, location-based, emotional, or situational?
- **Replace the routine** with a better behavior—something small and sustainable.
- **Keep the reward**, or upgrade it to something more satisfying.



BONUS TIPS:



- **Journal your cues** for a week. Patterns will emerge.
- **Use habit stacking:** “After brushing teeth, I’ll stretch for 1 minute.”
- **Design friction:** Make bad habits harder to do (e.g., log out of apps).
- **Celebrate the win**—even if small.

SECRETS OF HABIT MASTERS:

- They pick ONE habit to build at a time.
- They prepare their environment (make good habits easy, bad habits hard).
- They celebrate small wins regularly.



BOTTOM LINE:

CHANGE YOUR HABITS, CHANGE YOUR LIFE. YOU’RE ONE DECISION AWAY FROM A BETTER YOU!