

# 3-STEP STRATEGY TO REROUTING THE HABIT LOOP

## 1. Identify your trigger

In order to redirect your habitual patterns you must first identify your psychological trigger(s).

For example, I'd like to be more productive. One thing I can do in order to be more productive is to get up earlier.

**HABIT:** Wake up earlier

**TRIGGER:** Unmade bed

I've identified my trigger as my unmade bed. I'll get out of bed, reset my alarm and crawl back into bed.

## 2. Reroute the habitual tendency

Rerouting the habitual tendency is accomplished by replacing the behavior (directly attached to the trigger) with a healthier alternative.

My healthy alternative is to make the bed immediately after shutting the alarm off. Making my bed helps reinforce the productive theme first thing in the morning, that way I begin each day with a win!



### 3. Reward yourself

6x a week I'm committing to making the bed immediately after waking up and shutting off my alarm.

**REWARD:** Productivity journal from paper source

If I follow through and wake up one hour earlier, for 6 days, my husband has agreed to reward me with a productivity journal.

### Tips

- Start small. Remember, small wins lead to big victories!
- Set up a realistic and feasible schedule of habit reintroduction.
- Most importantly, be consistent. Consistency is vitally important when it comes to changing habitual patterns.

