The Habit Loop
Atomic Habits by James Clear

THE HABIT LOOP

1. CUE
2. CRAVING
3. RESPONSE
4. REWARD

Every habit follows a loop of:

Cue: The trigger that starts the habit.

Craving: The desire to act on the cue.

Response: The action taken to satisfy the craving.

Reward: The benefit that reinforces the habit.

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