

The Habit Loop

Atomic Habits by James Clear



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.

Illustrated Guide Habit Building Planner

Judd E. Hollander



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The ADHD Parent's Survival Guide: Visual Tools, Emergency Strategies, and Real Solutions from A Mother Who Gets It! Lynn Saucier, 2025-09-01 As an ADHD mom of three kids ages 6 10 and 12 and a stepson in college all 4 of which have ADHD and one of which is also autistic I created this comprehensive complete guide out of pure desperation I was so tired of the daily battle of getting everyone ready for school the constant nagging and feeling like I was failing every single day This isn't some fancy theory from a textbook and this isn't a long winded essay that belongs in a medical journal either this is personally tested resources written in a way ADHD brains can easily and efficiently process It's filled with visual charts checklists bullet points and personal experience It's designed for real families dealing with real ADHD challenges not picture perfect Pinterest homes If you're tired of the clinical remedies that seem impossible to implement and the long boring books that lose your interest 2 pages in then this is the complete comprehensive guide for you
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