

# 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.

# Habit Building Planner Step By Step

**SB Merriam**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle overlapping the right side of the bar.

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