

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 Training Guide

Kentucky. Department of Education



Habit Building Planner Training Guide:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Habit Building Planner Training Guide**

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