

# 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

**Perthshire Natural History Museum,  
Perth, Scotland, Alex M. Rodger**



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## Enjoying the Beat of Appearance: An Psychological Symphony within **Illustrated Guide Habit Building Planner**

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