

Habit Creations

Session 3



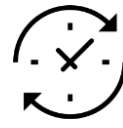
Creating your own 3 stage process for creating habits.

This could be for;

After school

A free period/study period

A weekend



Habit 1: _____



Cue:



Routine:



Reward:

Habit 2: _____



Cue:



Routine:



Reward:

Habit 3: _____



Cue:



Routine:



Reward: