

REwire Your Habits

Craving/Action

Identify the craving/action that's driving the routine. All take energy and effort.

STEP
01



STEP
02

Reward

Understand the reward achieved/gained.



Trigger

Discover the trigger; pattern. (location, time, emotions, people, prior action)

STEP
03



STEP
04

The PLAN

Set the plan to implement the new habit your desire..



Take A.I.M.

Practice makes progress!

STEP
05

