"Atomic Habits — But ADHD Style" Habit Loop - Making It Happen

In this section, we'll apply habit change laws to each step of the habit loop — plus the bonus steps of choosing your change and identifying the 1% goal.

Habit 1
Cue - how will you make this habit obvious (or invisible, to stop a habit)?

Craving - how will this habit be attractive (or unattractive, if stopping)?

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Response - how can you make this change easier, or remove the obstacles (or make it harder/create obstacles)?

Choice - why are you choosing this change; why is the effort of your Response worthwhile?

Reward - how will this action be satisfying (or avoidance/ dissatisfying)?

What does 1% progress on this habit look like? What is the smallest possible piece I can change first?

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Habit 2
Cue - how will you make this habit obvious (or invisible, to stop a habit)?

Craving - how will this habit be attractive (or unattractive, to stop)?

Response - how can you make this change easier, or remove the obstacles (or make it harder/construct obstacles)?

Choice - why are you choosing this change; why is the effort of your Response worthwhile?

Reward - how will this action be satisfying (or avoidance/ dissatisfying)?

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What does 1% progress on this habit look like? What is the smallest possible piece I can change first?

<u>Habit 3</u>
Cue - how will you make this habit obvious (or invisible, to stop a habit)?

Craving - how will this habit be attractive (or unattractive, to stop)?

Response - how can you make this change easier, or remove the obstacles (or make it harder/construct obstacles)?

Choice - why are you choosing this change; why is the effort of your Response worthwhile?

Reward - how will this action be satisfying (or avoidance/ dissatisfying)?

What does 1% progress on this habit look like? What is the smallest possible piece I can change first?

Next, choose some strategies to apply to your new habits and write them below. Revisit modules 4-5 for a refresher. Feel free to use different strategies for each habit, or make them all the same. Experiment! Find data points! To avoid overload, choose 2-5 strategies for each habit, and order them by which to try first. Can't decide? Cool - just randomize the order.