

# Science of Habit and Goal Sustainment



## What Makes an Action a Habit?

- Automatic
- Repetitive
- Unconsciously Cued by Environment



Approximately 50% of our daily activities may be habitual!!

## Stable Cues

Can be any described below & multiple can be use together:

Preexisting object, behaviors, or context that will cue a person toward a new behavior

- **Physical Cue**
  - ex. Leaving shoes by door rather than closet
- **Times of Day:**
  - Specific, ex. I will stretch before my workout
- **Location:**
  - Specific place each time
- **Presence of Others:**
  - ex. my colleague will walk with me over lunch
- **Sequencing (piggybacking):**
  - New habit into pre-existing one
  - ex. stretch after checking morning emails

## Friction

- **Removing Friction:**
  - Element of environment making easier to engage
  - Ex. leave a bowl of fruit out
- **Addition Friction:**
  - Element of environment making it harder to engage
  - ex. Put remote in drawer

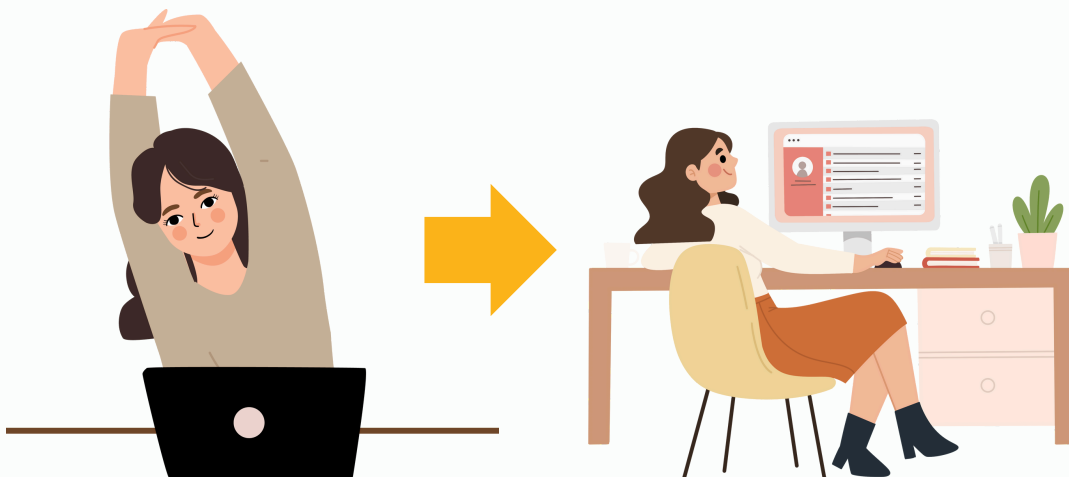


# Examples for Self Care:



## Stable Cue: Location

To include positive affirmations into day,  
You can use your bathroom as we will use  
the restroom in our daily routines! One can  
add a sticky note to cue you to use your  
breathing technique or a daily affirmation



## Stable Cue: Piggybacking:

If you always check your emails each morning, use this daily  
routine and add stretching prior to checking

Reference: