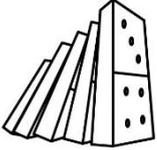
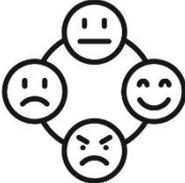


How to Identify Your Current Habit Triggers

Before you can design better triggers, you need to see the ones already driving your behaviour. To do this, track the context surrounding the habit, not just the behaviour. For a week, pick one habit you want to understand — good or bad — and note what surrounds it every time it happens. Record when (time), where (location), what you'd just been doing (previous action), who you were with (social), and how you were feeling (emotions). After a few days, patterns will start to emerge.

Habit trigger	Your observations
 Time	
 Location	
 Previous action	
 Social (other people)	
 Emotions	