

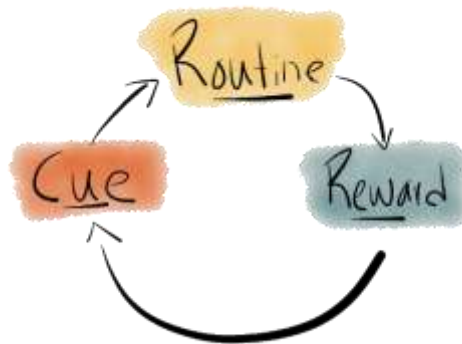
CREATE A POSITIVE HABIT LOOP

Any skill is possible with solid habits.

There are so many steps involved in driving a car, it is actually a miracle we manage it at all. The curious fact about driving is that we do it on autopilot. Habits guide millions of people across the world to work and back home every day.

Habits like this are so useful, but did you know you can use a similar concept to set up “autopilot mode” in other areas of your life? To do that, we need to take a step back and break down exactly how to create a habit.

Each habit has 3 parts:



- **A cue** – the moment that triggers the action
- **A routine** – the action/routine that you want to perform
- **A reward** – a positive outcome at the end that motivates you to continue

Example:

Cue – Set a daily alarm in your phone notifying you that it’s time to study.

Routine – As soon as you hear the alarm, you know it’s time to study. Begin to focus on your study goals for the day.

Reward – Reward yourself (choose a small amount of chocolate, or whatever is rewarding to you).

This starts to train your body to expect a reward. You can actually apply the same principle to other areas.

It may seem counterintuitive to eat chocolate after you study. However, the body recognizes reward and eventually associates it with the action it must take to receive that reward. Now you can break free from the shackles of trying to motivate yourself daily.

To learn more about this process, read the book [The Power of Habit by Charles Duhigg](#). This book is a fascinating insight into subconscious behavior.

DEVELOPING THE HABIT OF DAILY STUDY IS ESSENTIAL FOR COLLEGE SUCCESS!

Typical Forgetting Curve for Newly Learned Information

