

Habit Change Made Simple

Fridge Ready Reminder

WOOOP your way to a better life X3:

Name your **WISH** in 4-12 words: _____

Name your best **OUTCOME** in 4-12 words: _____

Name your **OBSTACLE**: _____

Now, the If-Then **PLAN**: IF _____ occurs
THEN I will _____.

Remember: Science says this is extraordinarily powerful.
We can do this for everything in our lives.

	How to Create a Good Habit	How to Break a Bad Habit
The 1st law (Cue)	Make it obvious.	Make it invisible.
The 2nd law (Craving)	Make it attractive.	Make it unattractive.
The 3rd law (Response)	Make it easy.	Make it difficult.
The 4th law (Reward)	Make it satisfying.	Make it unsatisfying.