

# Habit Creations

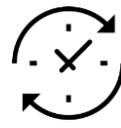
Session 3



Creating your own 3 stage process for creating habits.

This could be for;

After school  
A free period/study period  
A weekend



Habit 1: \_\_\_\_\_

 Cue:

 Routine:

 Reward:

Habit 2: \_\_\_\_\_

 Cue:

 Routine:

 Reward:

Habit 3: \_\_\_\_\_

 Cue:

 Routine:

 Reward: