

THE SCIENCE

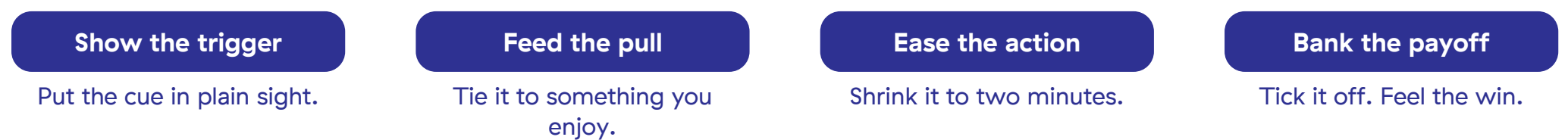
How a Habit Works

Every habit runs on the same four-step loop. Learn the loop and you can build the good ones on purpose, and break the bad ones at the source.



and the loop repeats, getting more automatic each time

To build one, set up every step



To break a bad one, flip every step



Remember

You don't need more willpower. You need a better loop. Change one step and the whole habit changes.