

FLIP THE LOOP

# Break a Bad Habit

Bad habits fade when you add friction. Work against the loop so the habit gets harder at every step, and the trigger, the pull, and the payoff lose their grip.

The habit I want to break: \_\_\_\_\_

1

## Hide the trigger

Take away what sets it off. If you can't see it, you won't start it.  
e.g. phone charges in another room overnight.

My move: \_\_\_\_\_

2

## Face the real cost

Sit with what it actually costs you before you give in.  
e.g. an hour scrolling is an hour of sleep gone.

My move: \_\_\_\_\_

3

## Add friction

Put steps between you and the habit. Make it a hassle.  
e.g. log out every time, delete the app on school nights.

My move: \_\_\_\_\_

4

## Add a cost

Make slipping cost you something you will feel.  
e.g. tell a mate, owe them \$5 every time you slip.

My move: \_\_\_\_\_

## Remember

Make the bad habit a hassle and the good one a breeze. Friction does the work willpower can't.