ENCOURAGE EXERCISE #16
Understanding My Habits Cycle

Habits in our life are associated with three things: 1) A cue or stimulus; 2) Our behavior; and 3) A reward. For each of these, describe an *implementation intention* to initiate a new habit change:

- **Cue**
  - "If...."

- **Behavior**
  - "I will..."

- **Reward**
  - "The reward..."