

THE HABIT

A Totally Expected Journey

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REPETITION & REGULARITY

TRIGGER

Easily

Rarely

ACTION

Simple

Complicated

MOTIVATION & REWARD

New / Regular

Strong

Old / Daily

Weak

What can you change
 to build **GOOD** habits
 or break **BAD** habits?

TO USE

1. Imagine a habit.
2. Score the 4 factors.
3. Trace down and across.
4. Where the scores meet, follow that arrow.
5. Repeat for both sides, and see where in the middle they meet.

STABLE

UNSTABLE

