

Habit Loop Worksheet

A simple tool to rewrite one habit gently and intentionally.

SECTION 1 — QUICK OVERVIEW

How to Use This Worksheet:

Every habit follows a loop: **Cue** → **Craving** → **Routine** → **Reward**. You can't break a habit by removing the routine — you must replace it with something that meets the same craving.

This worksheet will help you understand one habit you want to change and design a new routine that feels natural and sustainable.

SECTION 2 — IDENTIFY YOUR CURRENT HABIT LOOP

<p>1</p> <p>Cue (What triggers the habit?)</p> <p>Prompts: Where are you? What time is it? What emotion is present? What just happened?</p> <p>Write here...</p>	→	<p>2</p> <p>Craving (What need are you trying to meet?)</p> <p>Prompts: Is it energy? Comfort? Relief? Stimulation? Distraction?</p> <p>Write here...</p>	→	<p>3</p> <p>Routine (What do you usually do?)</p> <p>Prompts: What action do you take automatically? What do you eat or do?</p> <p>Write here...</p>	→	<p>4</p> <p>Reward (How does the routine make you feel?)</p> <p>Prompts: Calm? Focused? Less stressed? Stimulated? Comforted? Energized?</p> <p>Write here...</p>
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SECTION 3 — CREATE YOUR NEW HABIT LOOP

<p>1</p> <p>Same Cue</p> <p>You do not need to change the trigger.</p> <p>Cue: _____</p>	→	<p>2</p> <p>Same Craving</p> <p>The need behind the habit stays the same.</p> <p>Craving: _____</p>	→	<p>3</p> <p>New Replacement Routine</p> <p>Choose a small, realistic action that satisfies the same craving in a healthier way.</p> <p>My new routine: ____</p>	→	<p>4</p> <p>New Reward</p> <p>How will your new routine help you feel the way you want to feel?</p> <p>Reward: _____</p>
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SECTION 4 — REFLECTION NOTES

<p>What did I learn about my habit?</p> <p>Write here...</p>	<p>What will help me repeat my new routine?</p> <p>Write here...</p>	<p>A gentle reminder to myself:</p> <p>Write here...</p>
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"Small shifts repeated consistently become new habits. Be patient. Be curious. Be kind to yourself."