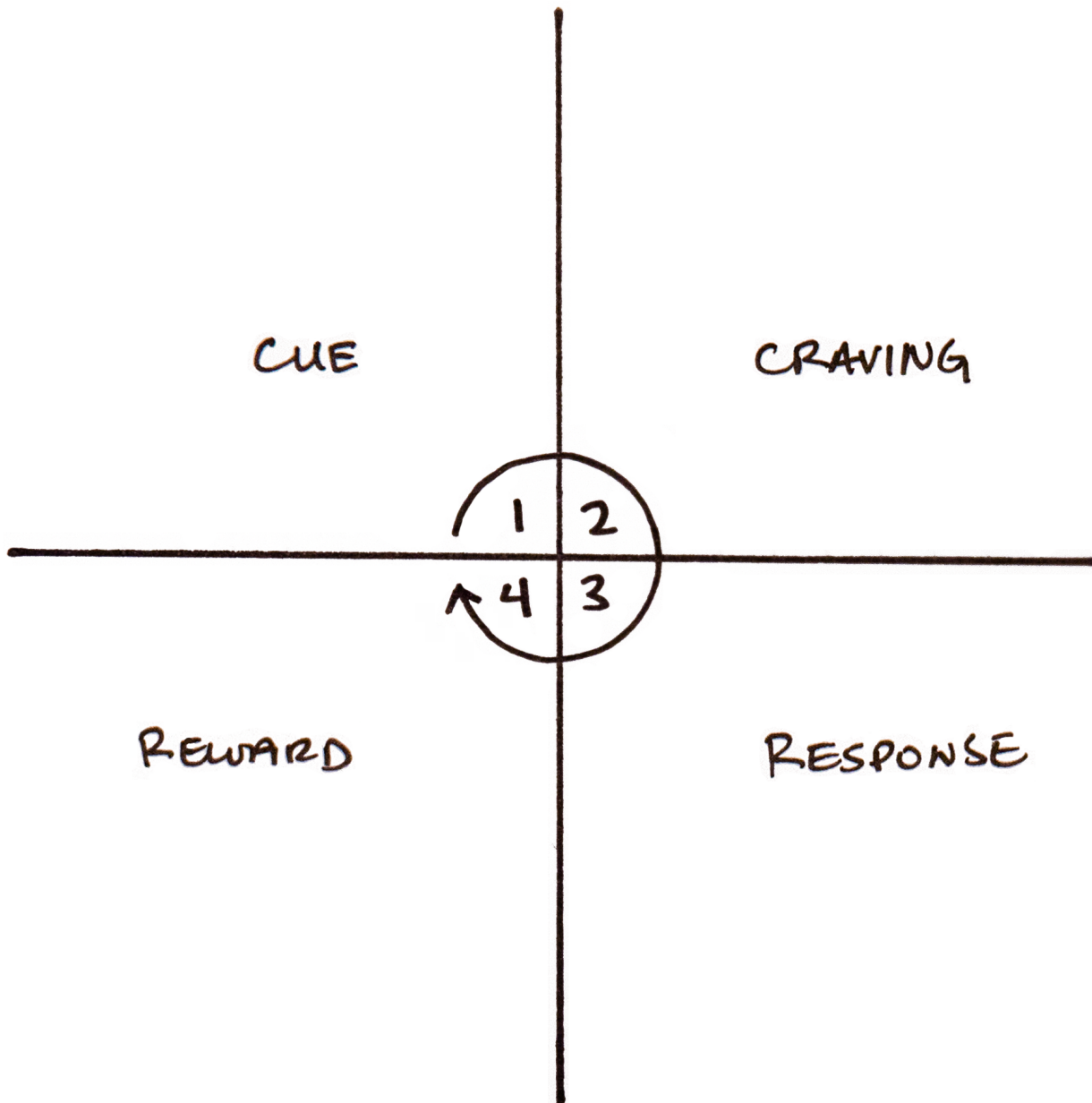
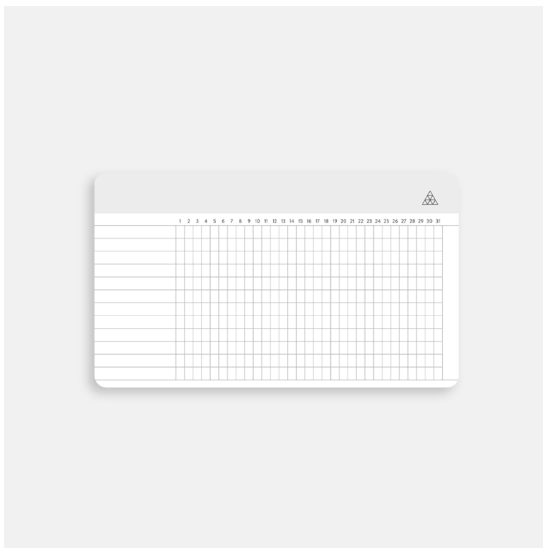


The Habit Loop



The four stages of habit are best described as a feedback loop. They form an endless cycle that is running every moment you are alive. This “habit loop” is continually scanning the environment, predicting what will happen next, trying out different responses, and learning from the results. In summary, the cue triggers a craving, which motivates a response, which provides a reward, which satisfies the craving and, ultimately, becomes associated with the cue.

Enjoyed Atomic Habits? Here are a few other habit-building products you might like.



HABIT TRACKER CARDS

Habit trackers are an easy and effective way to visualize your progress and motivate you to show up again tomorrow. I recommend these habit tracker index cards from Baronfig. They are easy to use and can be displayed on your desk, fridge, or anywhere you want to keep your habits top of mind.

jamesclear.com/cards



ATOMIC HABITS ENGRAVED PENS

These laser engraved pens feature popular quotes from Atomic Habits. These pens won't build better habits for you, but they will remind you of the core principles mentioned in Atomic Habits. Each pen is refillable and designed to last a lifetime. There are 3 different engraving options: grab your favorite (or get the bundle pack with all three).

jamesclear.com/pens

Use the code **HABITS20** to get 20% off these items at Baronfig.com