

# **The Power of Habit**

## **Charles Duhigg**

A discussion guide for the Simple Scrapper Book Club.

QUESTION // Q1. Do you find it easy or difficult to form new habits?

QUESTION // Q2. For those who had a chance to read the book, what was your first reaction?

NOTE // “In the book, the author describes the “habit loop”. This is a series of three steps. There is a cue, a trigger that tells your brain to go into automatic mode and which habit to use. There is the routine, which can be physical, mental, or emotional. And finally, there is a reward, which helps your brain figure out if this loop is worth remembering for the future.

QUESTION // Q3. To begin exploring how this works, can you map any of your current habits to the habit loop?

QUOTE // “This is how new habits are created: by putting together a cue, a routine, and a reward, and then cultivating a craving that drives the loop.”

QUESTION // Q4. To begin applying this to scrapbooking, what kind of cravings do you have (or could you have) related to your hobby?

QUESTION // Q4b. Taking this on a tangent, what if you used a non-scrapbooking reward to motivate your creativity? Would that work for you?

QUOTE // “If you use the same cue, and provide the same reward, you can shift the routine and change the habit. Almost any behavior can be transformed if the cue and reward stay the same?”

QUESTION // Q5. What would be your cue and your reward for a habit of morning pages? What habit is this replacing?

QUESTION // Q5b. What would be your cue and your reward for a habit of scrapbooking in the evening? What habit is this replacing?