

The Power of Habit

by Charles Duhigg

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Map one loop before changing it**

For three repetitions, write the cue, routine, and reward without judging yourself. Diagnose before redesigning.

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⁰² **Run a reward experiment**

When the cue appears, test a different reward for ten minutes: movement, connection, relief, novelty, or energy.

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⁰³ **Keep the cue and rewrite the routine**

Attach the replacement to the exact old trigger. The brain should not need to search for when the new behavior starts.

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⁰⁴ **Choose one keystone habit**

Pick a behavior likely to spill into adjacent loops, then protect it with visible cues, small wins, and social proof.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Add belief support**

Tell one person the loop you are rewriting and what counts as a tiny win. Habits stick faster when belief has witnesses.