


How to make new
habits and let go
of the habits that
no longer serve
us.

The Habit Solution
Using mindfulness to make or break a habit

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A background image of numerous hot air balloons of various colors and patterns floating in a clear blue sky. The balloons are scattered across the frame, with some appearing larger and more detailed than others, creating a sense of depth and movement.

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1. Cue
 2. Routine
 3. Reward

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Motivation
Ability
Prompt
Reward

From BJ Fogg's Fogg Behavior Model

<https://www.behaviormodel.org>

Book: *Tiny Habits* by BJ Fogg, PhD





Turtle Steps

Small changes =
Sustainable

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Goal or desired outcome...

Ten behaviors...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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