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Part 1: Building a Foundation

What is the first step in the habit loop?

Hint: Think about the initial trigger for a habit.

○ A) Craving
○ **B) Cue** ✓
○ C) Response
○ D) Reward

| The first step in the habit loop is the cue, which triggers the habit.

What is the first step in the habit loop?

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The first step in the habit loop is the cue.

Which of the following are components of the habit loop?

Hint: Consider the elements that make up the process of forming a habit.

☐ **A) Cue** ✓
☐ **B) Craving** ✓
☐ **C) Response** ✓
☐ D) Reflection

The components of the habit loop include cue, craving, and response.

Which of the following are components of the habit loop?

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☐ **A) Cue** ✓
☐ **B) Craving** ✓
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☐ D) Reflection

The components of the habit loop include cue, craving, and response.

Describe the concept of 'habit stacking' and provide an example of how it might be used in daily life.

Hint: Think about how you can link new habits to existing ones.

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> **Habit stacking involves attaching a new habit to an existing one to make it easier to remember and perform.**

Describe the concept of 'habit stacking' and provide an example of how it might be used in daily life.

Hint: Think about how to build new habits on top of existing ones.

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What does the term 'identity-based habits' refer to?

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Hint: Think about the focus of habits in relation to personal identity.

◯ A) Habits that are based on external rewards

◯ **B) Habits that are focused on becoming a type of person** ✓

◯ C) Habits that are easy to perform

◯ D) Habits that are tracked daily

> Identity-based habits refer to habits that are focused on becoming a type of person rather than just achieving a goal.

What does the term 'identity-based habits' refer to?

Hint: Think about how habits relate to personal identity.

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> Identity-based habits refer to habits that are focused on becoming a type of person rather than just achieving a goal.

Part 2: Understanding and Application

How does environment design influence habit formation?

Hint: Consider how your surroundings can affect your behavior.

☐ **A) It makes habits more visible and accessible.** ✓

☐ B) It increases the difficulty of starting new habits.

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☐ C) It discourages habit formation by adding obstacles.

☐ D) It focuses solely on internal motivation.

❚ Environment design influences habit formation by making habits more visible and accessible.

How does environment design influence habit formation?

Hint: Consider the role of your surroundings in shaping habits.

☐ **A) It makes habits more visible and accessible. ✓**

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❚ Environment design influences habit formation by making habits more visible and accessible.

Explain how 'implementation intentions' can help in forming new habits. Provide an example.

Hint: Think about how planning can make habits easier to adopt.

❚ **Implementation intentions help in forming new habits by specifying when and where the habit will be performed, making it more likely to occur.**

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Explain how 'implementation intentions' can help in forming new habits. Provide an example.

Hint: Think about how planning can facilitate habit formation.

'Implementation intentions' help by specifying when and where to perform a new habit, increasing the likelihood of success.

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Implementation intentions help by specifying when and where to perform a new habit, increasing the likelihood of success.

If you want to break a bad habit, which of the following actions would be most effective?

Hint: Consider strategies that reduce the appeal of the habit.

○ **A) Make it invisible ✓**
○ B) Make it attractive
○ C) Make it easy
○ D) Make it satisfying

Making a bad habit invisible is the most effective action to break it.

If you want to break a bad habit, which of the following actions would be most effective?

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Hint: Consider strategies for reducing the appeal of bad habits.

○ **A) Make it invisible** ✓

○ B) Make it attractive

○ C) Make it easy

○ D) Make it satisfying

Making a bad habit invisible is often the most effective way to break it.

If you want to break a bad habit, which of the following actions would be most effective?

Hint: Consider strategies for reducing the likelihood of engaging in a bad habit.

○ **A) Make it invisible** ✓

○ B) Make it attractive

○ C) Make it easy

○ D) Make it satisfying

Making a bad habit invisible is often the most effective strategy for breaking it.

Imagine you want to start a new habit of reading every night. How would you apply the Four Laws of Behavior Change to establish this habit?
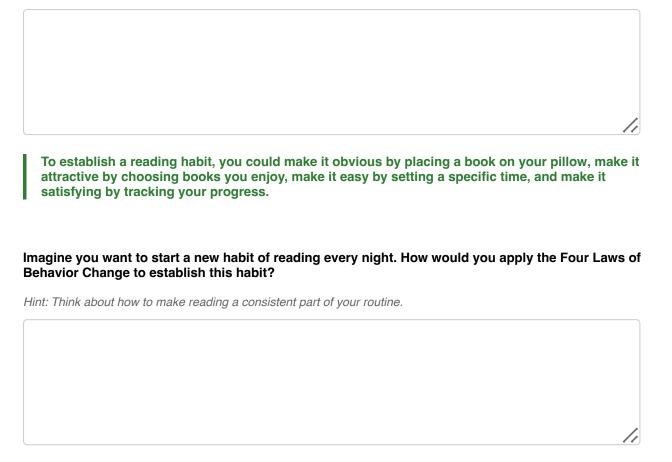
Hint: Think about how to make reading a part of your routine.

To establish a reading habit, you could make it obvious by placing a book on your pillow, make it attractive by choosing a book you enjoy, make it easy by setting a specific time, and make it satisfying by tracking your progress.

Imagine you want to start a new habit of reading every night. How would you apply the Four Laws of Behavior Change to establish this habit?

Hint: Think about how to make reading a consistent part of your routine.

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Part 3: Analysis, Evaluation, and Creation

Analyze the relationship between identity-based habits and long-term behavior change. Why is focusing on identity more effective than focusing on outcomes?

Hint: Consider the impact of self-perception on behavior.

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> **Focusing on identity is more effective than focusing on outcomes because it aligns habits with self-perception, leading to more sustainable behavior change.**

Analyze the relationship between identity-based habits and long-term behavior change. Why is focusing on identity more effective than focusing on outcomes?

Hint: Consider the psychological aspects of habit formation.

> **Focusing on identity is more effective because it aligns habits with self-perception, leading to more sustainable behavior change.**

Analyze the relationship between identity-based habits and long-term behavior change. Why is focusing on identity more effective than focusing on outcomes?

Hint: Consider the impact of identity on motivation and persistence.

> **Focusing on identity is more effective because it aligns habits with who you want to become, leading to more sustainable behavior change.**

Which of the following scenarios best illustrates the concept of habit stacking?

Hint: Think about how one habit can be linked to another.

☐ A) Drinking coffee while watching TV

☐ **B) Meditating right after brushing your teeth ✓**

☐ C) Exercising once a week

☐ D) Reading a book occasionally

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> Meditating right after brushing your teeth best illustrates habit stacking, as it links a new habit to an existing one.

Which of the following scenarios best illustrates the concept of habit stacking?

Hint: Think about how habits can be linked together.

☐ A) Drinking coffee while watching TV
☐ **B) Meditating right after brushing your teeth ✓**
☐ C) Exercising once a week
☐ D) Reading a book occasionally

> Meditating right after brushing your teeth is a clear example of habit stacking.

Which of the following scenarios best illustrates the concept of habit stacking?

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☐ A) Drinking coffee while watching TV
☐ **B) Meditating right after brushing your teeth ✓**
☐ C) Exercising once a week
☐ D) Reading a book occasionally

> Meditating right after brushing your teeth is a clear example of habit stacking.

Evaluate the effectiveness of using a habit tracker for maintaining new habits. What are the potential benefits and drawbacks?

Hint: Consider how tracking can influence habit formation.

> **Using a habit tracker can be effective for maintaining new habits by providing visual feedback and accountability, but it may also lead to stress or overemphasis on tracking.**

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Evaluate the effectiveness of using a habit tracker for maintaining new habits. What are the potential benefits and drawbacks?

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Using a habit tracker can provide motivation and accountability, but it may also lead to stress if not used effectively.

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Using a habit tracker can provide motivation and accountability, but it may also lead to stress or overemphasis on tracking.

Propose a strategy for someone trying to quit smoking using the Four Laws of Behavior Change. Include specific actions for each law.

Hint: Consider how to apply the laws to support quitting smoking.

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> **A strategy to quit smoking could include: 1) Make it obvious by removing cigarettes from your home, 2) Make it attractive by finding a supportive community, 3) Make it easy by using nicotine patches, 4) Make it satisfying by tracking progress and celebrating milestones.**

Propose a strategy for someone trying to quit smoking using the Four Laws of Behavior Change. Include specific actions for each law.

Hint: Think about how to apply the laws to support quitting smoking.

> **A strategy could include: Make it obvious by removing cigarettes from sight, Make it attractive by finding healthier alternatives, Make it easy by reducing triggers, and Make it satisfying by celebrating small victories.**

Propose a strategy for someone trying to quit smoking using the Four Laws of Behavior Change. Include specific actions for each law.

Hint: Think about how to apply the laws to support quitting smoking.

> **A strategy could include: Make it obvious by removing cigarettes, Make it attractive by finding healthier alternatives, Make it easy by reducing triggers, and Make it satisfying by celebrating milestones.**

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