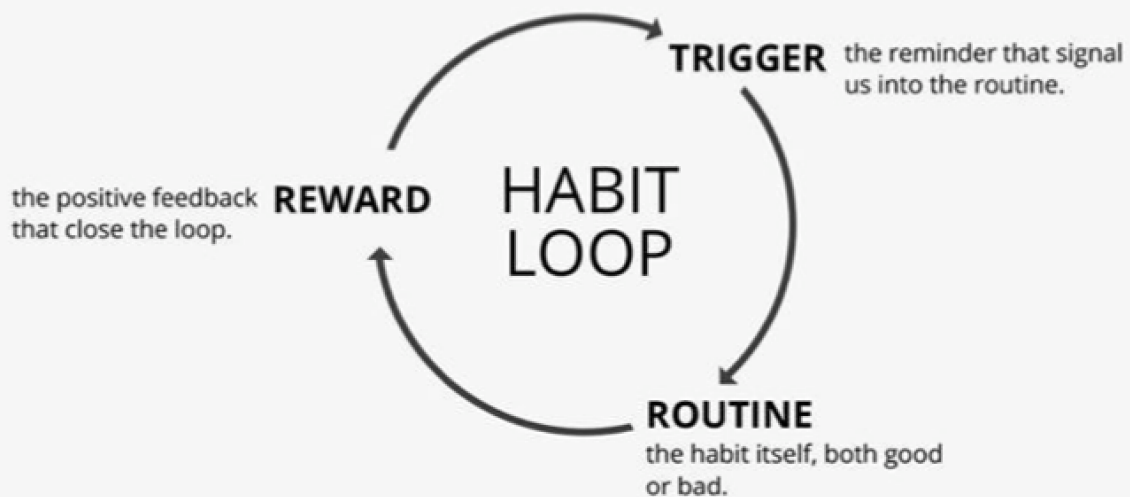


THE HABIT LOOP

CAM
coach approach ministries

Unraveling the intriguing three-step dance: cue, routine, and reward of the habit loop. As we dive into the secrets of this loop, we uncover how triggers set the stage for automatic routines, leading us to crave those tantalizing rewards, thus shaping our behaviors in astonishing ways.



Source: The Power of Habit by Robert Duhigg