



# Ending unhealthy habits



Below we present two main approaches to end an unhealthy habit. Think about which would work best for you:

- You could consider changing your cue or trigger. For example, the cue is visiting the supermarket, meaning you automatically park close to the entrance. Think about going to the market in town instead.
- You could change the way you respond to a cue. Instead of staying inside when it rains, put on your wet weather gear and walk anyway.

Think about the cues in your environment. Think about positive cues as well as negative ones you could change to help you increase the amount of physical activity you're doing. You can note these down here:

## 1. Replacing or changing the cue (or trigger)

Existing cues which I already have in my environment are:

New cues which could trigger me to be more physically active which I could add to my environment are:

Cues that trigger me not wanting to be physically active, that I could remove from my environment are:

## **2. Change the way you respond to a cue (or trigger)**

A replacement activity I could do after a trigger (which usually makes me not choose to be active) is:

Something positive I could tell myself after experiencing a trigger (which I did not give in to) is: