The Four Laws Worksheet

One habit per sheet. Fill the four boxes before you start, not after you fail

The habit I want to build: _____

The kind of person this makes me: _____

1ST LAW (CUE)

Make it obvious

Write the time and the place. Not later, not more often.

2ND LAW (CRAVING)

Make it attractive

Pair it with something you already want to do.

3RD LAW (RESPONSE)

Make it easy

Shrink it to a version that takes two minutes.

4TH LAW (REWARD)

Make it satisfying

Get something immediate out of it, and be seen doing it.

The four laws and their inversions are quoted from Atomic Habits by James Clear (Avery, 2018).
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stellarhabit.com/blog/atomic-habits-cheat-sheet