



Change Academy Lab Notes

TOPIC: Cues and prompts

EPISODE #42

NOTES/TAKEAWAYS:

EXPERIMENT:

1. For the next week, see how many cues or prompts you can spot as you go through your day. Jot them down as you come across them on a notepad or in your note-taking app.
2. At the end of the week, review your list. How many of your cues are triggering helpful behaviors and how many are triggering unhelpful responses?
3. How can you use this information to dismantle unhelpful cue/response cycles.

OBSERVATIONS:

FURTHER EXPERIMENTS: