

Action Checklist

WEEK 2 OF 4

Lesson 4

Optimize at least one element of your environment to make the cue of your habit more obvious.

Lesson 5

Ask yourself how you can make your habit more convenient. Then, eliminate one point of friction that may be holding you back or design an environment that makes the action easier.

Lesson 6

Ask yourself how you can design a world where it's easy to do what's right? How can you prime your environment so future habits are easier? Then, optimize at least one element in your space to prime your environment for future use.