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# Module 1

## Four Elements of a Habit

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# Important Takeaways

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**Decisions** are the foundations of habits.

Every habit consists of these **three parts**:

- Reminder or cue
- Routine or action
- Reward or benefit

Start with a small goal (or a micro-habit).

Focus on individual character stories to **boost your memory**.

**Track your progress** to stay encouraged.

Join a **healthy community** if you want to keep your habit.

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# Sources

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*<http://jamesclear.com/three-steps-habit-change>*

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How to Use Micro Habits by Dann Albright:

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