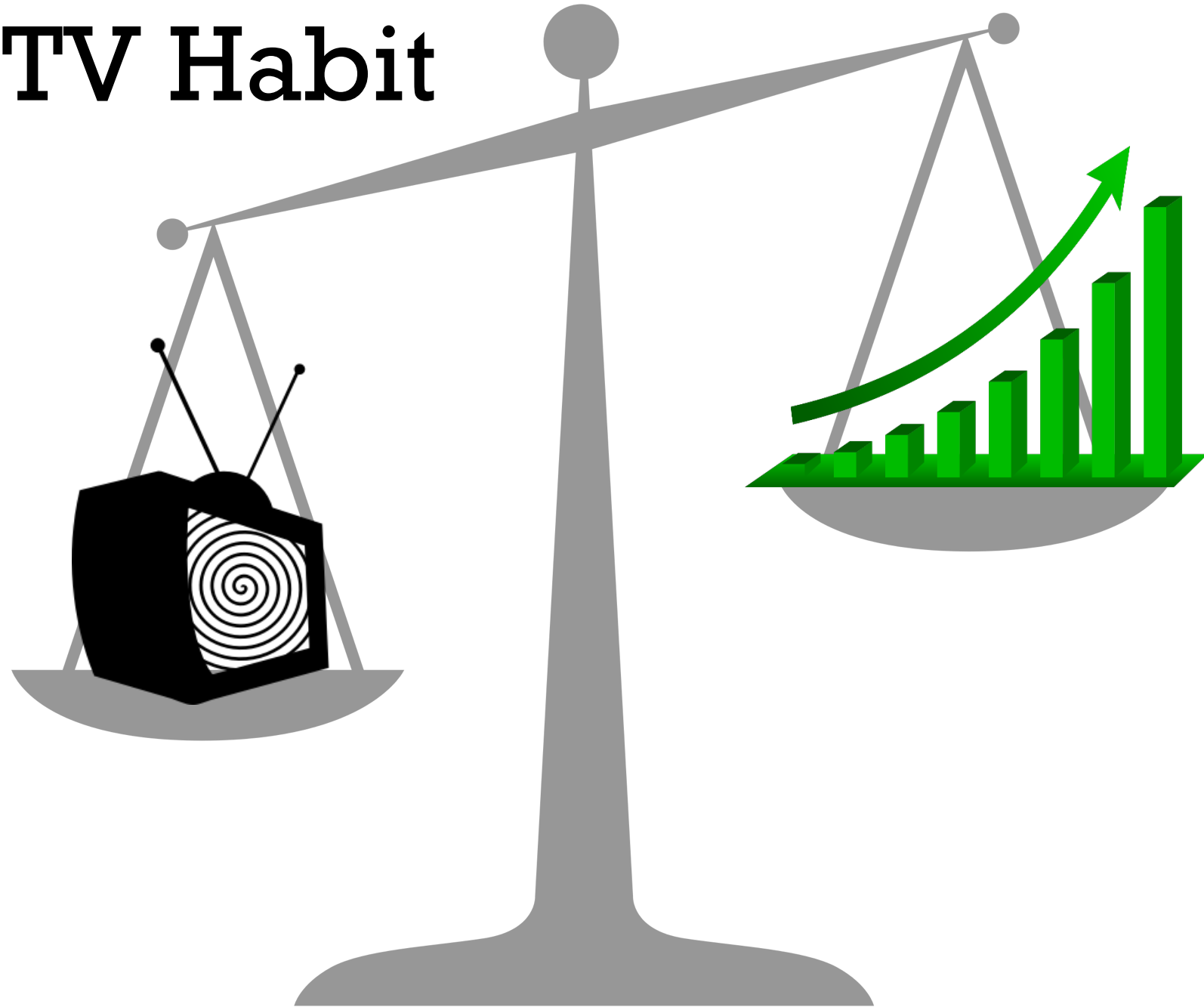
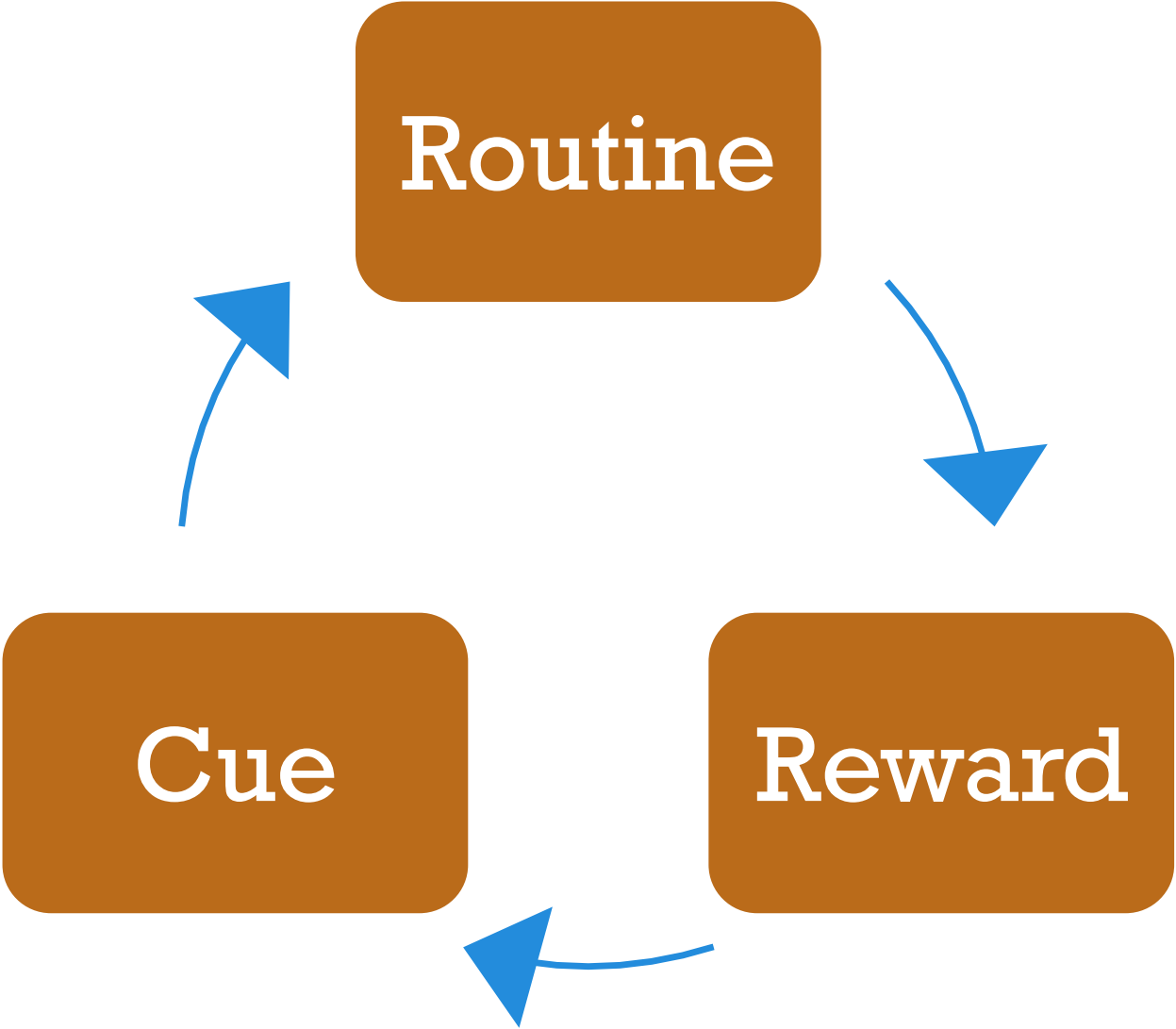


Breaking the TV Habit

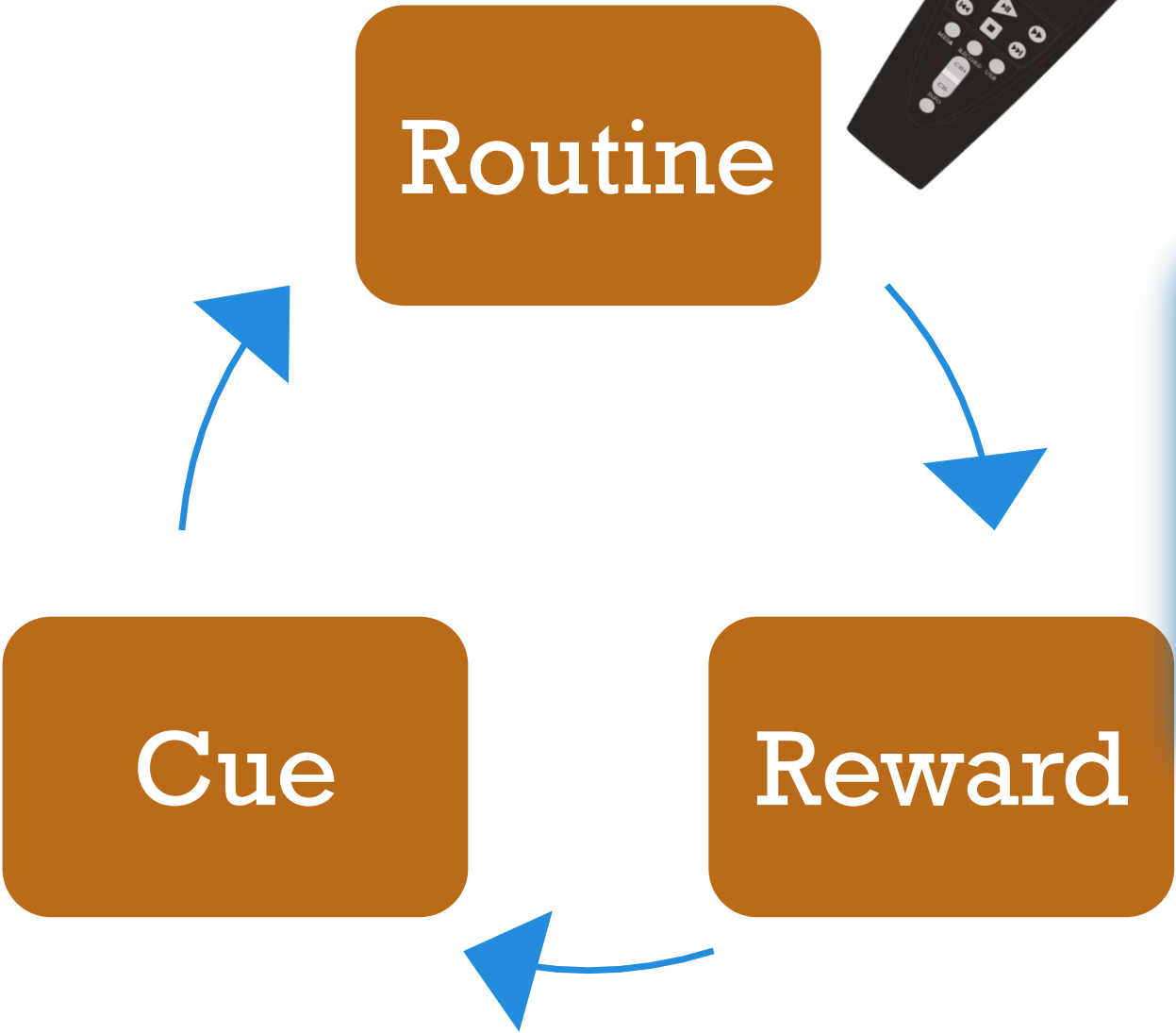


Valerie Lanard
@valer
@gigabody

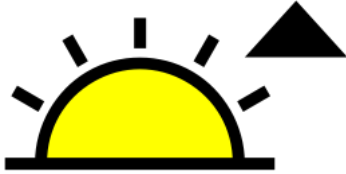
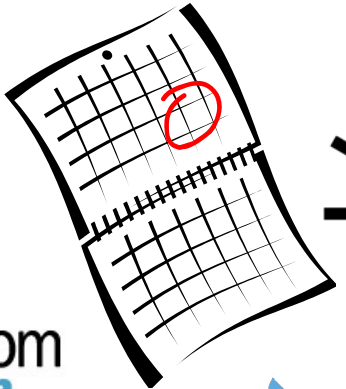
Duhigg's Habit Cycle



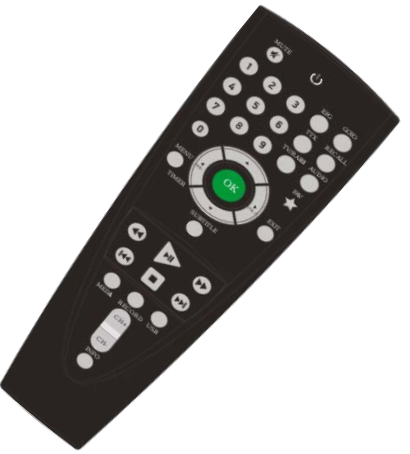
Duhigg's Habit Cycle



Duhigg's Habit Cycle



Routine

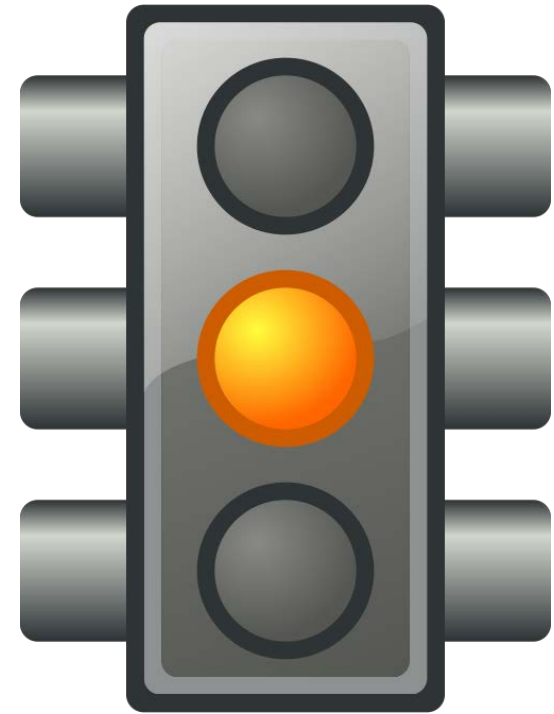
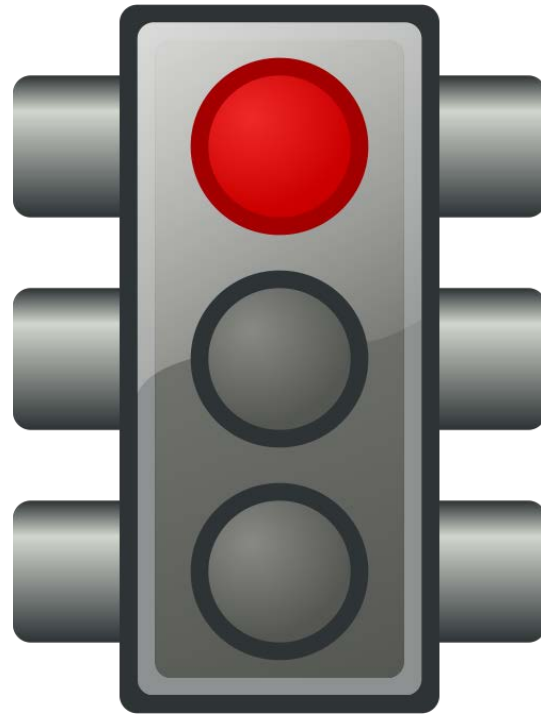
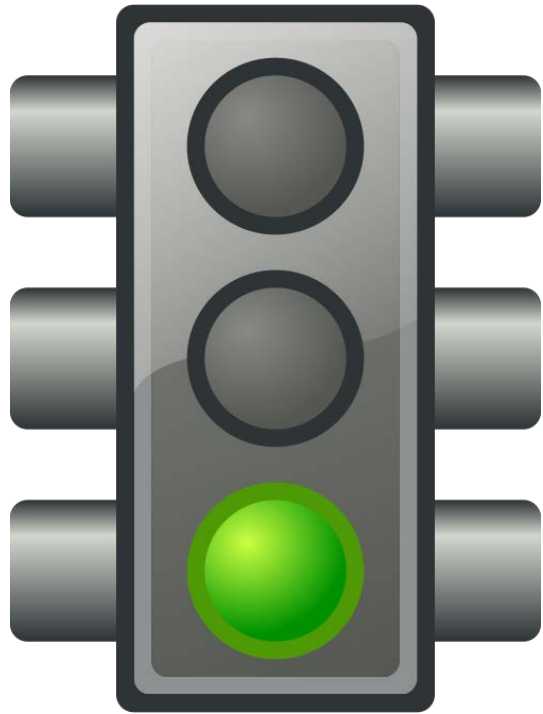


Cue

Reward



Ground Rules



Preparation

Things to do instead of TV

Buy a bunch of books. How many can I read in a month? Reread some of my faves
Start cooking. Recipes?

Listen to spotify. New artists. Classical. Nina Simone.

Listen to npr.

Listen to podcasts

Crossword puzzles

Solitaire

Jigsaw puzzles

Math n logic puzzles

Play guitar

Crochet

Daily Workout challenges. Write them?

Do yoga workout or a stretch workout every night (good for the mind & the soul)

Write blogs

Write 750 words a day

Go on dates

Do household inventory for insurance.

Buy new furniture for scanner area

Candles

Tea

New nightly rituals

Dinner party

Invite friends over

Plan travels with Scott

Go to a baseball game

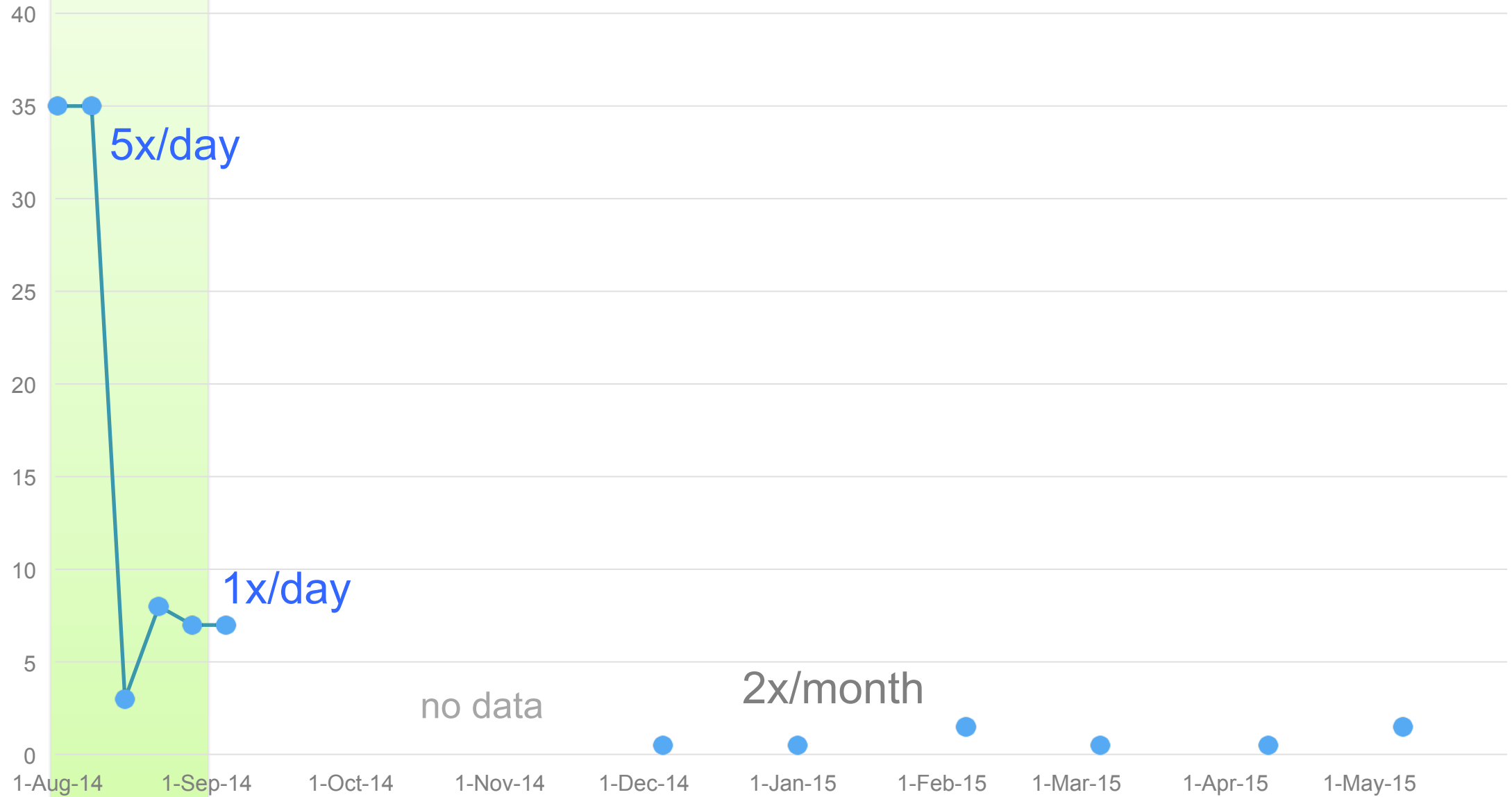
Take a bath

Reconnect with old friends

Write letters by hand



Weekly Urges to Watch TV



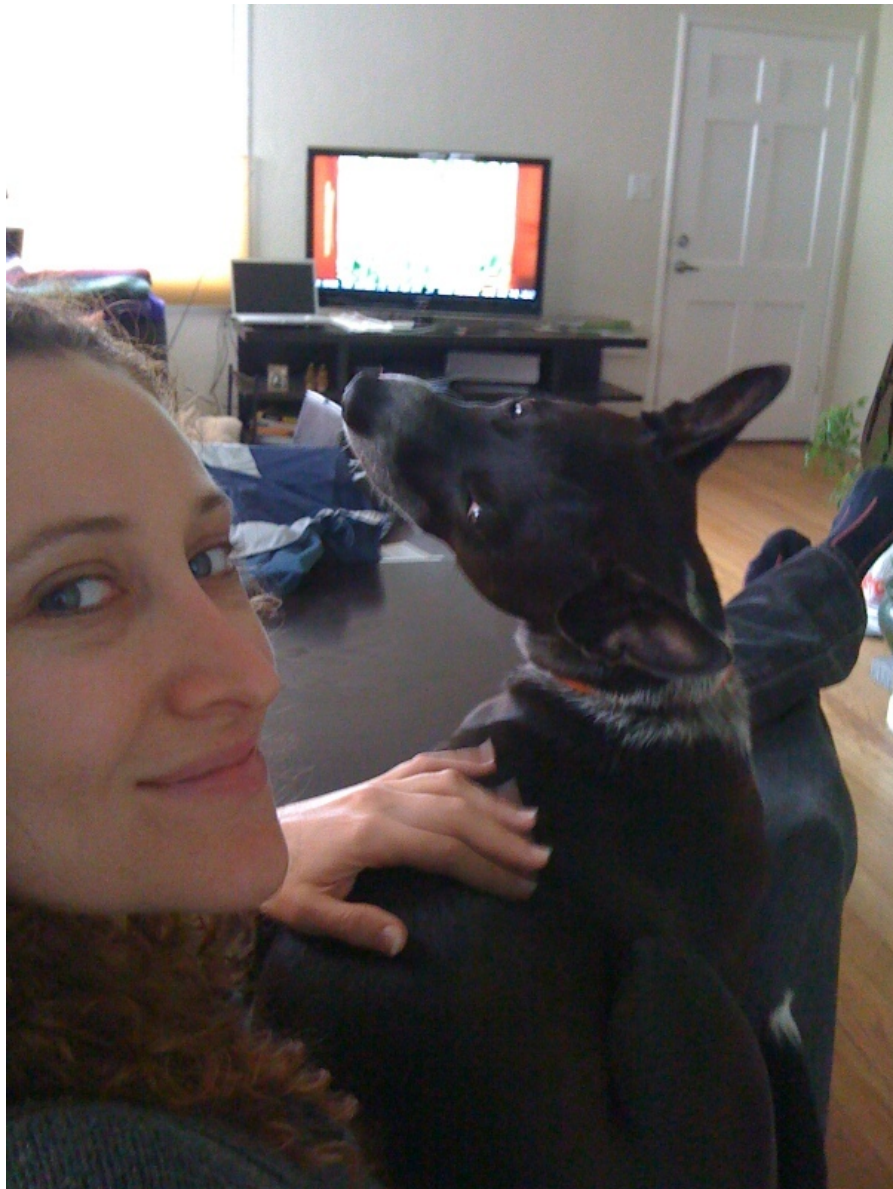
Avoidance & Escape





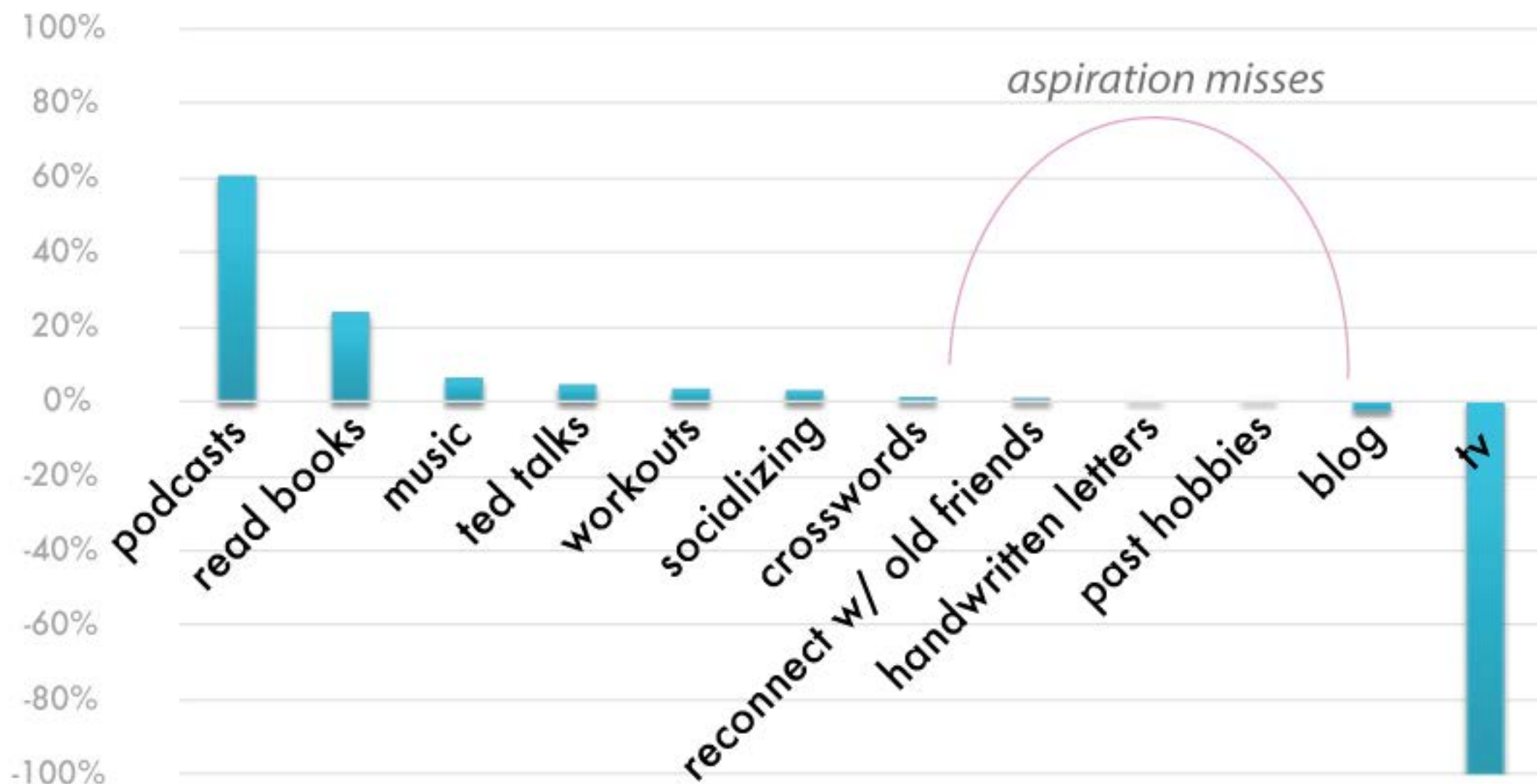
Source: [@crucially](#) CC license 2.0

BEFORE



AFTER

Changes in "TV Time" Activity



Unexpected Rewards



Unexpected Rewards



Triggers Everywhere!

Packages



Bars

Restaurants

Spotify



Friends

Social Media

Hotel Rooms

YouTube

Visiting Family

Planes

Parties

Facebook

Autoplay

People's Houses

Overheard on public transit

Sports

Radio Interviews



iTunes when I charge my phone

Ads

Weekly Urges to Watch TV

