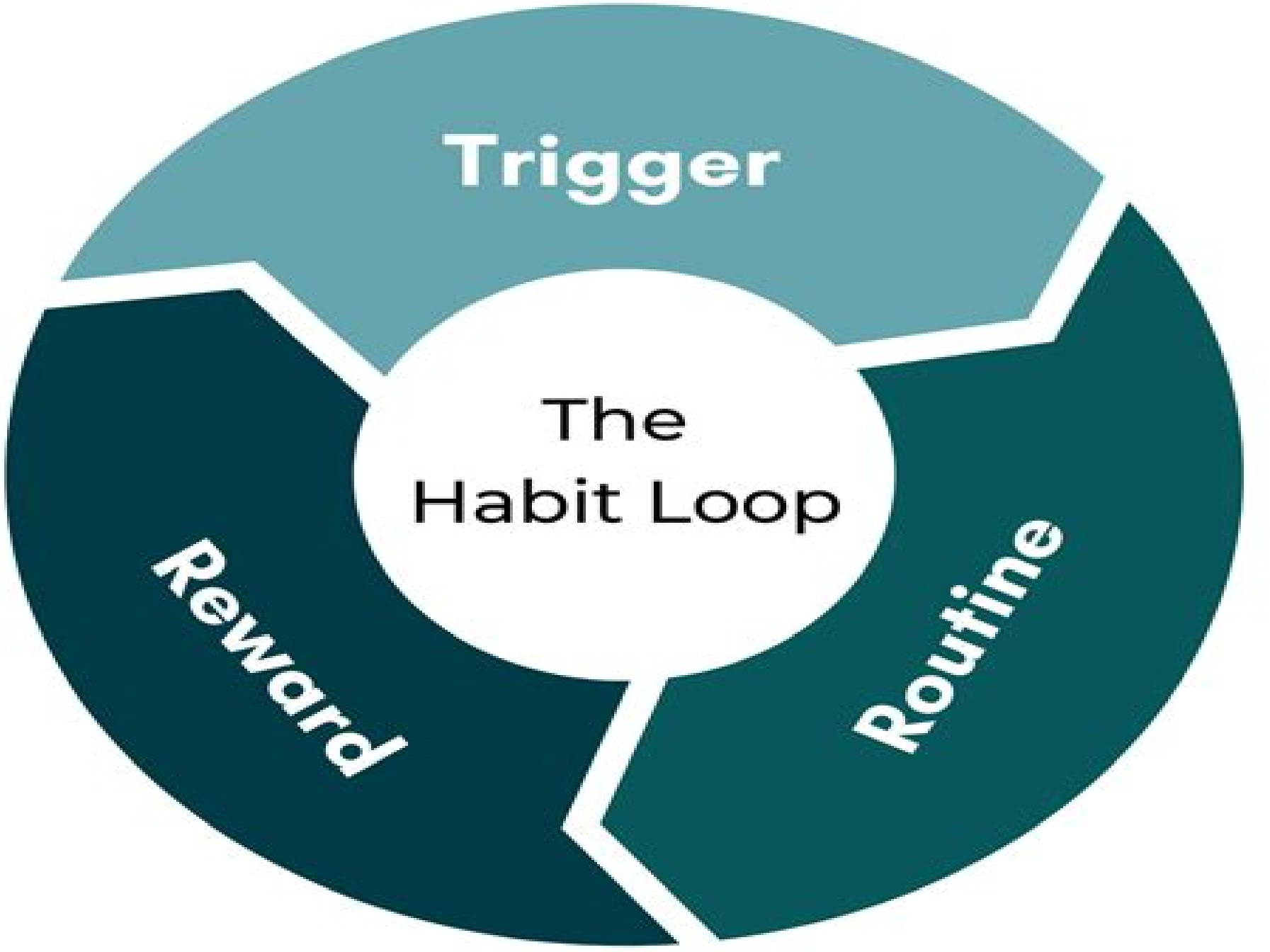




The diagram is a circular flow chart. It consists of a central white circle and an outer ring divided into three segments. The top segment is light teal and labeled 'Trigger'. The bottom-left segment is dark teal and labeled 'Reward'. The bottom-right segment is dark teal and labeled 'Routine'. The segments are connected by white lines, forming a continuous loop around the center.

Trigger

**The
Habit Loop**

Reward

Routine

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Miles Carter Reeves



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