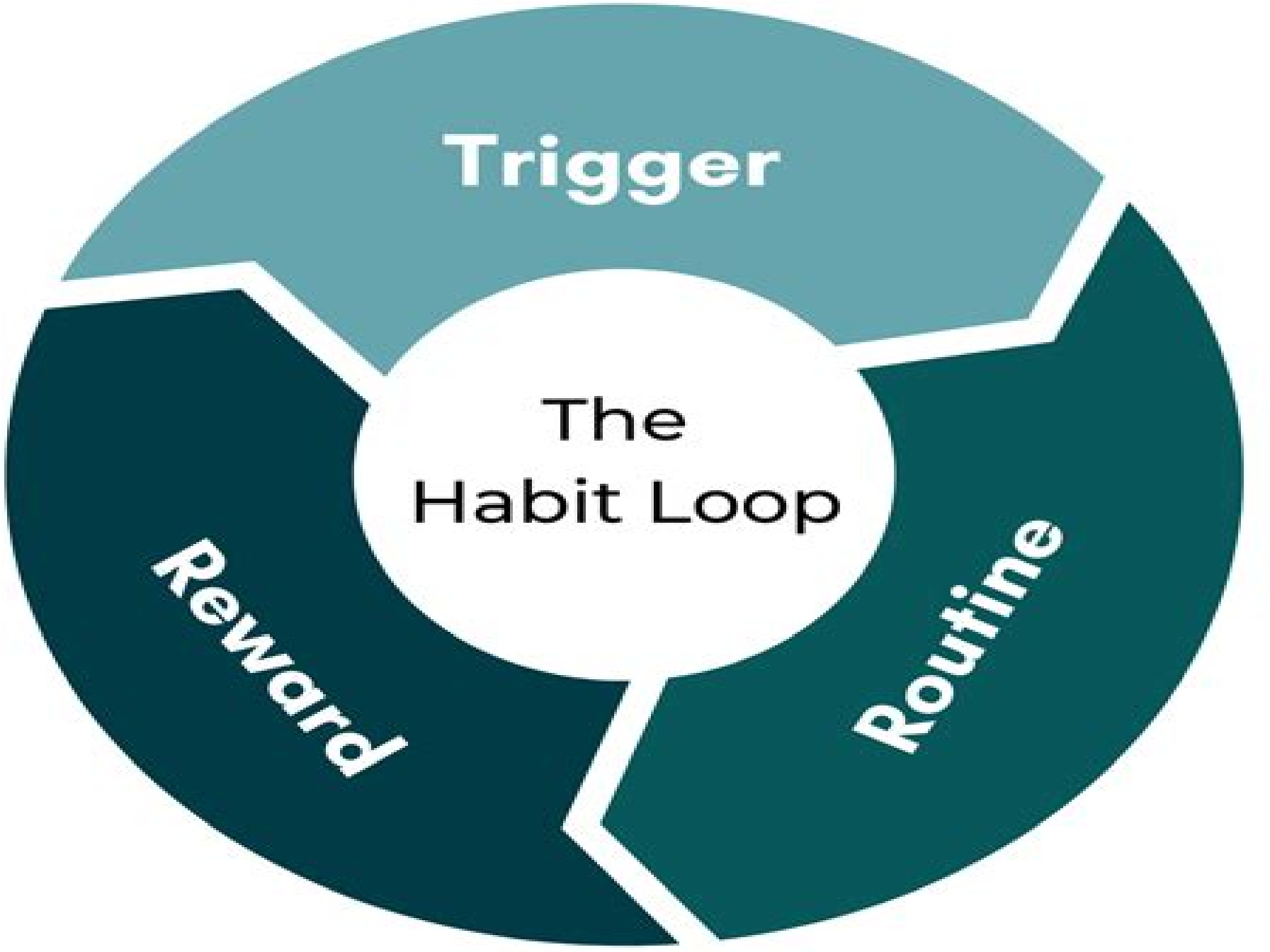




The diagram is a circular flow chart. At the center is a white circle containing the text "The Habit Loop". Surrounding this center are three segments of a ring, each with a different color and text. The top segment is light teal and labeled "Trigger". The bottom-right segment is dark teal and labeled "Routine". The bottom-left segment is a darker teal and labeled "Reward". The segments are separated by white gaps, and the entire ring is outlined in white.

Trigger

**The
Habit Loop**

Reward

Routine

Step By Step Habit Building Planner

Marion Jacobs



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