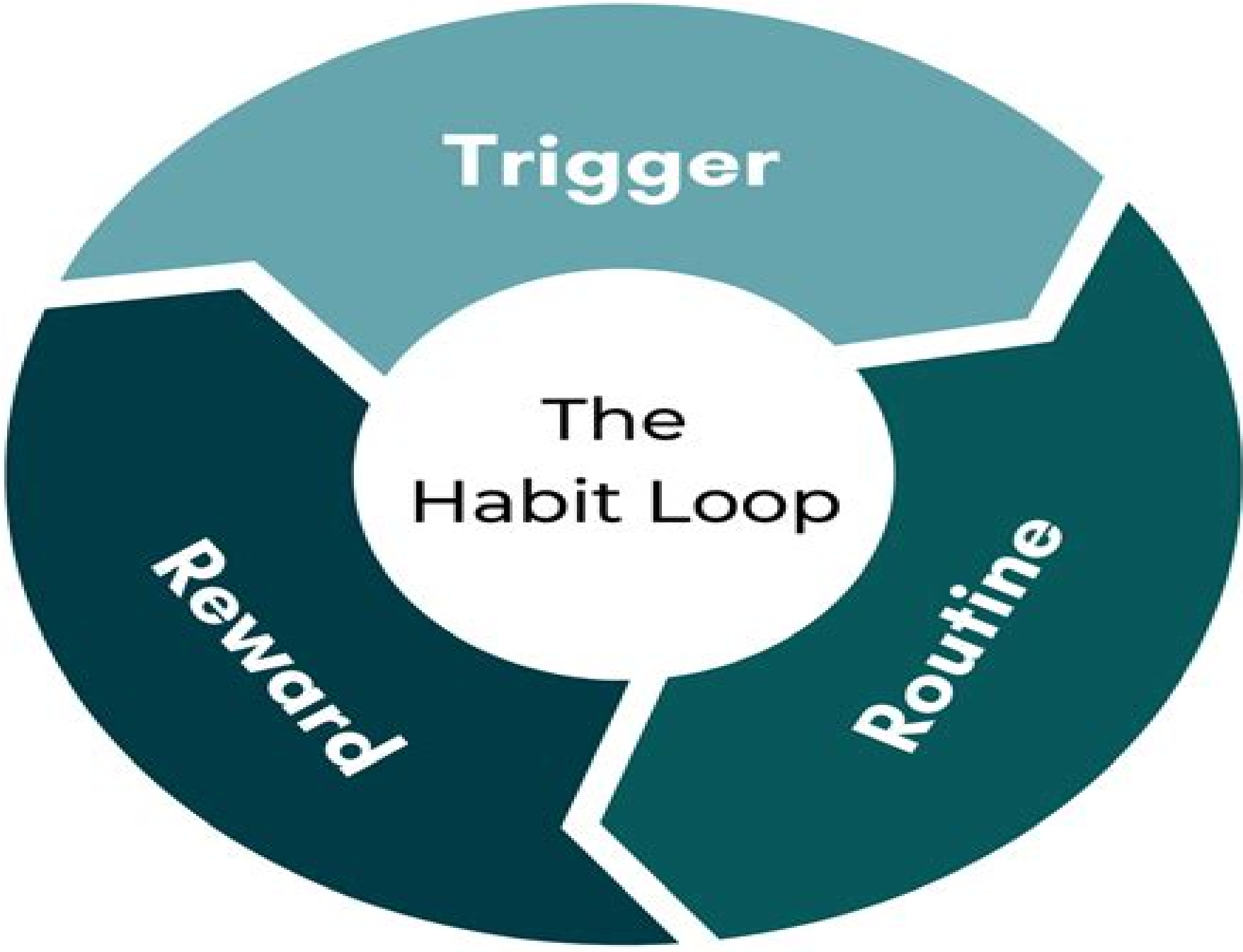




The diagram consists of a central white circle with the text "The Habit Loop". Surrounding this circle is a ring divided into three segments. The top segment is light teal and labeled "Trigger". The bottom-left segment is dark teal and labeled "Reward". The bottom-right segment is dark teal and labeled "Routine". The segments are separated by white gaps, and the entire ring has a white border.

Trigger

**The
Habit Loop**

Reward

Routine

Step By Step Habit Building Planner

Plug and Play Prompts



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