
Old Cue, New Action

For a habit you want to drop, or a meal you want to change (Chapters 7 and 8).

Cue (when, where, after what, feeling what)	Old action	What I actually need then	New action

Rewrite the “quit” goal as an “add” goal: when _____, I’ll _____.

The replacement goes exactly where the old thing used to be:

One change, one setting (for food): At _____, in _____, I’ll add _____.

- ☐ If my goal is alcohol: I’ve answered the three safety questions (Volume 16, Chapter 1) before deciding whether to cut down or stop.