24EN451 – SOFT SKILLS DEVELOPMENT
UNIT I – LESSONS ON EXCELLENCE

Analysing Personal Habits Using Cue-Routine-Reward Model

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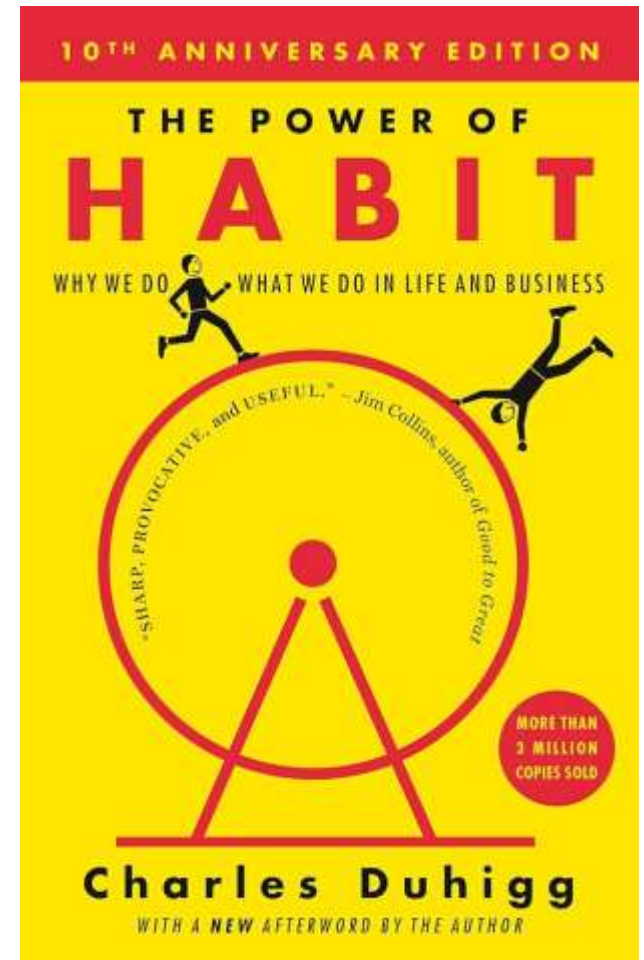**Assistant Professor of English**

What is a Habit?

- Repeated behaviours
  - Occur **automatically**
    - Triggered by specific situations or feelings
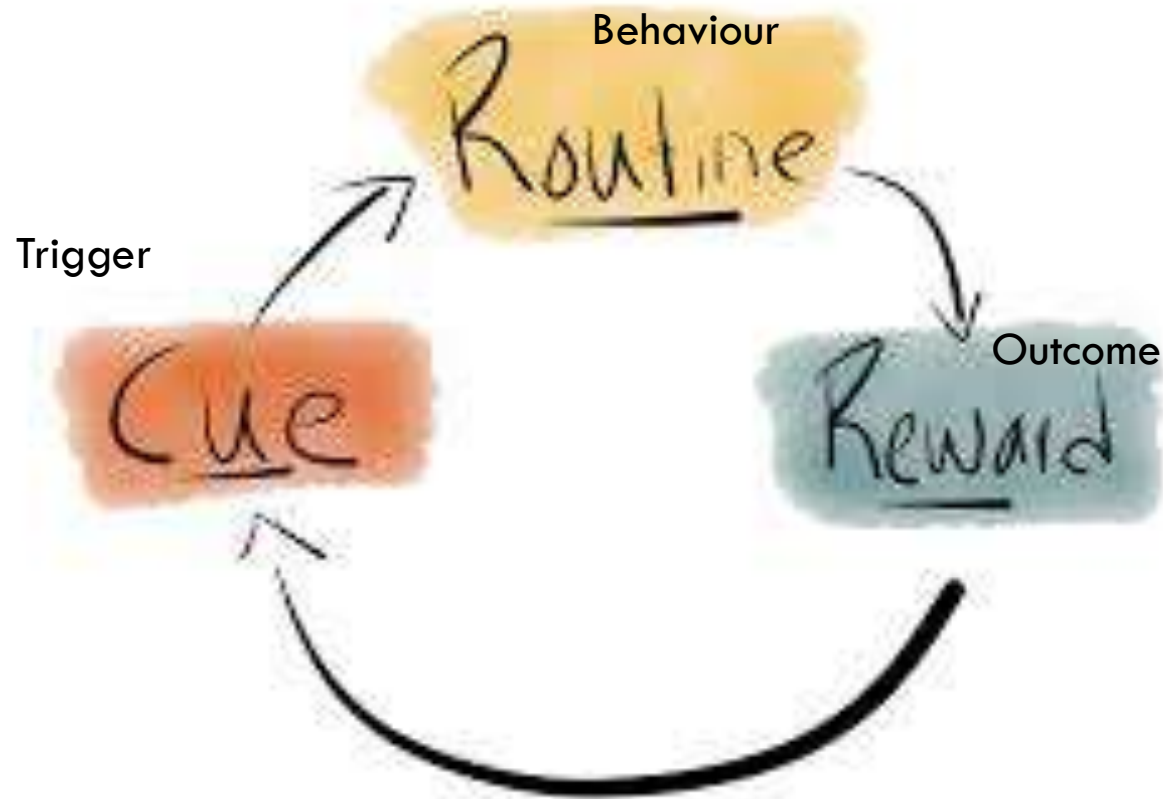   - Can be **good or bad**

The Cue–Routine–Reward Model

- A framework - how habits form

- Used in psychology, education, communication, and organisations
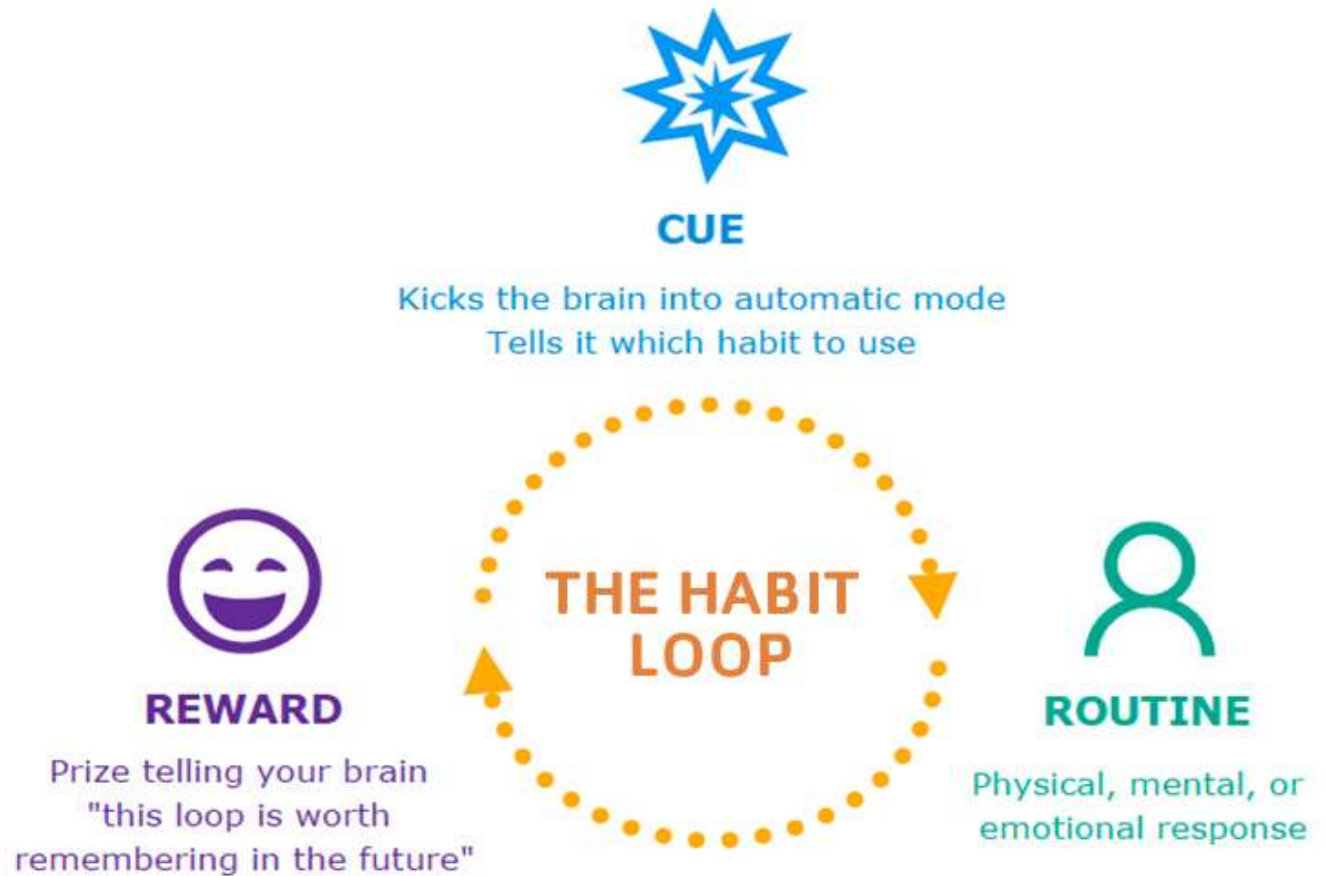
The Three Components

Trigger – Activity – Outcome

Cue	Routine	Reward
People or situations	Physical activity	Relief Satisfaction
Time	Mental activity	Pleasure
Place	Emotional response	Reduced anxiety
Emotional state		
E.g. Feeling stressed before an exam Boredom	E.g. Re-reading notes repeatedly without understanding	E.g. Temporary relief from exam stress

How does the Habit Loop work?

- Brain links cue with reward

- Routine becomes automatic

- This forms a **habit loop**

CUE
Kicks the brain into automatic mode
Tells it which habit to use

THE HABIT LOOP

REWARD
Prize telling your brain "this loop is worth remembering in the future"

ROUTINE
Physical, mental, or emotional response

Simple Everyday Example

- **Cue:** Phone notification sound

- **Routine:** Checking the phone

- **Reward:** Feeling connected or informed

Changing a Habit

Cue: Boredom
Old Routine: Scrolling social media
New Routine: Short walk or stretching
Reward: Mental refreshment

☐ **Same cue**

☐ **Same reward**

☐ **Routine change**

Assessment Task

- Identify **one good habit**
- Identify **one bad habit**
- Analyse both using:
  - Cue
  - Routine
  - Reward