About Dr. Sone

Dr. Saya Sone, an ICF ACC (Associate Certified Coach), an Enterprise Agile Coach for SAFe (Scaled Agile Framework), and a PMP with close to 2 decades of experience in working with public and private sectors in delivering software development projects.
Agenda

1. The Habit Loop
2. Charles Duhigg’s Habit Framework
3. Implement the Framework
4. Expand the Framework
What Are Your Habits?
The Habit Loop
My Habit Loop

Trash → Blame → Control → Put in Laundry Bag

Dirty Clothes → House is Neat

Diagram explaining the cycle of habits involving trash, blame, control, putting in laundry bag, dirty clothes, and house being neat.
Habit Loop Exercise

Cue → Routine → Reward
Charles Duhigg’s Habit Loop
Duhigg’s Habit Framework

Identify Routine

Experiment with Rewards

Isolate the Cue

Have a Plan to Replace it
Identify Routine

- Exercise in the same way

Record your routine:
- Penzu Journal
- Facebook
Experiment With Rewards

- Expected results

- Lose Weight
- Satisfaction
- Join GYM
- BE HAPPY!!
- Distraction
- Find Love
- Drink Less
- Quit Smoking
Isolate The Cue

- Something triggers us to do
Duhigg’s Framework Example
My New Habit Loop

Trash

Formula

Better Relationship

Dirty Clothes

Build Responsibility

Have Him Make Promises
### Change Habit Exercise

<table>
<thead>
<tr>
<th>Cue</th>
<th>Routine</th>
<th>Reward</th>
</tr>
</thead>
<tbody>
<tr>
<td>Possible Cue?</td>
<td></td>
<td>Rewards?</td>
</tr>
<tr>
<td>Street?</td>
<td>Go to Starbucks every morning for a latte and treat which is about 800 calories</td>
<td>Latte?</td>
</tr>
<tr>
<td>Time?</td>
<td></td>
<td>Treat?</td>
</tr>
<tr>
<td>Hurry?</td>
<td></td>
<td>Service?</td>
</tr>
<tr>
<td>People?</td>
<td></td>
<td>Server?</td>
</tr>
<tr>
<td>Happy?</td>
<td></td>
<td>Gain Weight?</td>
</tr>
</tbody>
</table>
Have A Plan

Make an action plan to change the habit

- **Write it down**: Define changes and your commitments
- **Checkpoint**: Set up weekly, bi-weekly, monthly goals
- **Once a time**: Keep it simple and do it once a time
- **Find a Buddy**: Find a person to hold you accountable
- **Consistency**: Repeating is the key
Write Down Your Plan

WHEN (Cue),
I WILL (Routine)
THEN (Reward).
Agile Team Habit

**TEST AT THE END**

- Daily Scrum
- Scrum Master
- Product Owner

**Retrospective**

**Estimation**

**Big Design**
Agile Team Habit Exercise

1. Identify team’s Routine
2. Experiment with Rewards
3. Isolate the Cue
4. Have a plan to replace it
5. Share with the group using WHEN, I WILL, THEN
Expand Habit Loop to Marketing
Expand Habit Loop to Shopping
An organization is a collection of habits.
Keystone Habits

Willpower
Replace Your Habit Loop

https://www.youtube.com/watch?v=MFzDaBzBiL0&feature=youtu.be
“It's not that some people have willpower and some don't... It's that some people are ready to change and others are not.”

- James Gordon
Comments or Questions

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