

FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families
Madison County Newsletter

UK Cooperative Extension Service

Madison County Cooperative Extension
230 Duncannon Lane
Richmond, KY 40475
(859) 623-4072
<https://extension.ca.uky.edu/>

January, 2025

COOPERATIVE EXTENSION
University of Kentucky

Brushin' Beethoven Series

LEARN TO SAVE MONEY & GROOM YOUR DOGS YOURSELF!
(*Please do not bring your dog)

Grooming your non-shedding dog: January 9th
Grooming your shedding or longhair dog: January 16th
1:00 o'clock PM each date

Demonstration Includes:

- Dog Washing
- Dog Grooming (brushing/ blow out/ clipping, etc.)
- Nail Trimming
- Strategies for Flea treatment
- And more!

Madison County Extension Office
CALL TO SIGN UP!
859-623-4072
for questions contact: Jessica Hunley
hunley.jessica@uky.edu

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

Self-Care Sanctuary

February 7th
10AM-1PM

Indulge in a luxurious pampering session centered around home spa products and self care to achieve total relaxation, rejuvenation, and a radiant glow from head to toe.

SPECIAL OFFERS

- * HOMEMADE BODY & SKINCARE TREATMENTS
- * MINDFULNESS AND RELAXATION ACTIVITIES
- * GUILT-FREE HEALTHY SNACKS
- * MESSAGES W/ CERTIFIED THERPISTS!

Madison County Extension Office
Sign up Today!
859-623-4072

Massages scheduled prior to program!
\$15 for 15 minutes time slots!
(payment due at program)

Jessica Hunley
Family & Consumer Sciences Agent,
Madison County
Hunley.jessica@uky.edu
(859) 623-4072

The Extension Center will be closed for Winter Break Dec. 25-Jan. 1, and Jan. 15 for Martin Luther King.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

SPECIALTY CLUBS/GROUPS/CLASSES

DECEMBER 1—MARCH 31: WE ARE ON WINTER HOURS FOR EXTENSION! No meeting shall start before **10:00 am** (*this includes club members setting up food, etc., ahead of time.*) Starting December 1st, clubs and groups that have a regular starting time of 9 am, will move to 10 am. Also, please review **SNOW POLICY** below!

MONDAY NIGHT SEWING SALON (sewing) **1st and 3rd Mondays, 5:00-7:30pm**, Room 3. Questions call Judy Fields, (859) 623-6032. Anyone wanting to learn to sew is invited! Questions, call Judy Fields, 859-625-4081. **(NOTE: No meetings in January!)**

SEW MUCH OR SEW LITTLE) **2nd and 4th Tuesdays, 10am-1pm**, Room 3, annex bldg.

January 28, 10am - Fabric Wrapped

Bracelet: Bring sewing machine, denim (or size 18) needle for machine, pins, scissors. Materials will be provided. Register with Gina, 859-582-3450.



SOUTHSIDE SLOW STITCHING (knitting, crochet, cross-stitch, English paper-piecing, embroidery or macrame) **1st and 3rd Mondays, 6-8pm**, at Southside Church on Lancaster Road. Questions, call Terri Cooper, 859-866-4380.

CREATIVE HANDS (quilting) **1st and 3rd Thursday @ month, 10am-1pm**, Room 3, annex bldg. Bring your sewing machine and a sandwich and quilt along with us. Questions, call Linda Calico, 859-582-2252. **(NOTE: 1/16/25, will meet in Room B, 10am-12 noon only.)**

GARDENERS OF MADISON COUNTY (gardening) **2nd Wed @ month, 1-3pm**, Room 1 Annex. For questions, call Kathryn Bowers, 859-619-0166.

PAPER KUTZ (paper crafting, cards, etc.) **3rd Thursday @ month, 6-7:45pm, Room B**. Questions, call Connie Lawson, 859-582-5505.

HAPPY SCRAPPERS (scrapbooking, paper crafts, crafting, etc.) **4th Wed @ month from 12-4pm**, Room B, main office bldg. Bring your work in progress and catch up. Questions, call Kathy Langosh, 720-243-0640.

HEALTHY LIVING WITH DIABETES CLASS

Madison County Health Dept., Richmond
 Healthy living with Diabetes
 January 14 & 16 - 1-5PM.
 Free, nationally accredited and recognized diabetes education

workshop. Get the latest information on taking care of your diabetes. Develop healthy eating and activity plan. Get tips on taking medication and reducing your risk for short/long-term complications. Drawing held for countertop oven. **To Register, call 859-228-2044.**

HOMEMAKER REMINDERS:

JANUARY 21, 2025: Extension Homemaker Board Meeting, 1-3 pm, Room B - time to get together and plan the 2024 Annual Meeting—if you would like to help, please attend!

MARCH 29, 2025: Homemaker's Spring Craft Fair: More details to come.

APRIL 22, 2025: Extension Homemaker Annual Meeting (Dinner) with Cultural Arts Competition. More details to come.

BLUEGRASS AREA CULTURAL ARTS

Congratulations to our Bluegrass Area Cultural Arts Winners! Of the 13 items that went onto the Bluegrass Area competition in Powell County, we had 5 blue, 5 red, and 2 white! Congratulations to our very talented homemaker members on their success! Blue Ribbon Winners will go onto the KEHA State level next May, 2025. They are:

- **Betty Scheiderman:** Embroidery Basic, and Holiday Decorations/Winter
- **Helen Eden:** Wall/Door Hanging/Other
- **Gina Noe:** Art, Recycled/Household, and Knitting/Home Décor/Afghans

SNOW POLICY:

If Madison County Schools are closed due to inclement weather, all homemaker, 4-H and horticulture meetings, clubs and workshops are cancelled for that day and evening. In some cases, these

events may be rescheduled. If in doubt, please call **859-623-4072**. School closings are broadcast on TV, radio, and we always try to post our closures or delayed openings on our Facebook pages.






Cooperative Extension Service

SAVE THE DATE!
GARDEN PARTY
 BENEFIT FOR OVARIAN CANCER
 MORE INFO COMING SOON!

230 DUNCANNON LANE
 RICHMOND KY 40475 | June 3rd, 2025

LEADER LESSON

**Nutrients:
 Supplements and
 Macronutrients**
 Tuesday, January 28,
 11 AM
 (Room 2)



Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing. Come learn the educational gaps related to macronutrients and their role in a balanced and nutritious diet. **Call 859-623-4072 to register for this lesson.** This is a free presentation held at the Madison County Extension Service.

MADISON COUNTY HOMEMAKERS ANNUAL CRAFT FAIR



Now accepting vendor applications!

- Saturday March 29th
- 10 AM to 2PM

Any and all crafts welcome!
 Call to reserve your table(s) TODAY!
 \$25 each for Homemaker Members/ \$30 each for non-members
 Make Checks payable to: Madison County Extension Homemakers

(859) 623-4072 | 230 Duncannon Lane Richmond KY 40475

Homebased Microprocessing Workshop

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

**January 22, 2025
 9:30 a.m. - 2:30 p.m.**

Madison County Extension Office
 230 Duncannon Lane
 Richmond, KY 40475

Virtual Option Available

To register & for additional dates/locations:
ukfcs.net/HBM

\$50 Fee

859-623-4072

UK Cooperative Extension Service

Parent's Place

If you are interested in joining any of our group(s), make reservations, or have any questions, need referrals, or just to talk, call Pam Francis at 859-623-4072, or psfr222@uky.edu.

GAP (Grandparents As Parents): January 8, 11am to 1pm @ the Richmond Library, Room 138. Please call Pam for details. Reservations are needed for supplies and set up. We are learning from researched based: We are planning to begin the research-based Active Parenting curriculum: Parenting Teens by Dr. Michael H. Popkin. Children do not attend these meetings due to subject matter.

SMALL FRIENDS: January 21, 10:30am to noon @ the Extension Service. Come for a great time of fun, fellowship, giggles and parenting tips. Please call Pam for details. Reservations are needed for supplies and set up, for you and your little ones, prenatal to 5 years of age. It is a great place to make new friends and keep the old. Small Friends learn more about friendship, fun crafts, healthy snacks, and story times. We will be starting a new series in January: *Active Parenting, First Five Years*, by Michael H. Popkin, PhD. This is a research based curriculum that focuses on a child's first 5 years.

PARENT MATTER (Parenting Encouragement): These are parent only meetings; new members are welcome; coffee and tea provided. Our meeting locations are at both Madison County Public Libraries as follows:

- **In Richmond on January 7, 10 to 11:30 am**, we are using research-based curriculum: *Parenting Teens*, by Dr. Michael H. Popkin.
- **In Berea on January 14, 10 to 11:30 am**, we are discussing the book, *Raising a Strong Daughter in a Toxic Culture*, by Dr. Meg Meeker. Please call for more information and reservations, for supplies and set up.

KEYS TO GREAT PARENTING (KGP): Keys is an informal, FREE 10-week course designed for any and all parents, (grands, expecting, caregivers, relatives, teens, singles and fosters). This is an informal gathering of all parents to learn and grow in a supportive and encouraging community. Children do not attend classes and child care is not provided.

LAUGH AND LEARN PLAYDATES
2024-2025 Playdates SCHEDULE

HOSTED AT LOCAL ELEMENTARY SCHOOLS!

October 18th		SJE @10AM	Waco @ 1:30PM
November 8th	Kit Carson 11:30AM	SJE @ 10AM	Waco @ 1:30PM
November 15th		SJE @ 10AM	Waco @ 1:30PM
December 13th	Kit Carson 11:30AM		Waco @ 1:30PM
December 20th		SJE @ 10AM	
January 24th	Kit Carson 11:30 AM		Waco @ 1:30PM
February 14th	Kit Carson 11:30 AM		Waco @ 1:30PM
February 21st		SJE @ 10AM	
March 14th	Kit Carson 11:30 AM		Waco @ 1:30PM
April 18th		SJE @10 AM	Waco @ 1:30PM

For more info contact: Jessica Hunley- FCS Agent
hunley.jessica@uky.edu

Cook with Me Family Cooking series
Children ages 4 and up!

FREE!

January 23rd
February 27th
March 26th
April 30th
May 20th
At 5:30 PM

All materials provided

230 Duncannon Lane
Richmond KY 40475

FOR QUESTIONS: EMAIL
HUNLEY.JESSICA@UKY.EDU

FOCUS ON CREATIVE ARTS IN MADISON COUNTY

CRAFTING WITH THE BEST:

Class dates/crafts below, taught from 10-noon. Class is free unless otherwise stated. **To reserve space, contact Pam, 859-623-4072.**

January 6: Clothespin Snowflakes with Marylene LeFurgy. Supplies needed: 8 clothes pin per snowflake: do not separate; glue gun/ gorilla glue sticks (if you want to bring your own).



February 7: Heart Pennant with Evonne Kincer. Supplies needed: Scissors/ Pinking Shears (if you want to bring your own), deck of poker cards, Valentine/ Love-themed ribbon— ½” to 1” ribbon; Poly-fil will be provided.



March 3: Potholder Reminder Notepad with Paulette Edster. Supplies needed: 2 of the same potholders, scissors and glue gun/gorilla glue sticks (if you want to bring your own). Small circle magnets, pen and pad will be provided, also we have some potholders donated, but participants may want to bring a set of potholders to their own taste.



April 4: Cardmaking with Kathy Langosh. Supplies needed: Light weight glue or double sided tape, bone paper folder (ruler), small hand scissors.



LEARN. LEAD. SERVE.

Please be sure to visit our Facebook page for all the upcoming news and class information, <https://www.facebook.com/MadisonCoFCS/>.

Also, you can visit our webpage to download the latest newsletters <https://madison.ca.uky.edu/>.

KEHA: Kentucky Extension Homemaker Association website is: <https://keha.ca.uky.edu/> and Facebook page: <https://www.facebook.com/OfficialKEHA>

Non-Discrimination Policy:

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546

the UK Office of Equal Opportunity, 13 Main Building
University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410.



THE APPLE PATCH By Cheri Stacy, Nutrition Assistant Senior

Split Pea Soup

Prep time: 10 minutes
Cook time: 90 minutes

- 2 tablespoons oil
- 1 large onion, diced
- 2 celery stalks, diced
- 1 pound dried split peas, sorted and rinsed
- 2 medium red potatoes, diced
- 3 large carrots, diced
- 1 tablespoon Italian seasoning
- 1 3/4 teaspoons salt
- 1/2 teaspoon crushed red pepper (optional)
- 1 container (32 ounces) reduced-sodium chicken broth (or vegetable broth)
- 4 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large pot over medium heat, heat oil. Add onion and celery. Sauté over medium heat until vegetables are tender, about 5 to 7 minutes.
3. Add split peas, potatoes, carrots, Italian seasoning, salt, crushed red pepper (if using), chicken broth, and 2 cups of water.
4. Increase heat to medium-high and bring everything to a boil. Once boiling, reduce heat to medium-low

and simmer, uncovered, for about one hour, or until it reaches desired texture. Skim off any foam while it cooks and stir periodically to avoid peas from sticking to the bottom of the pot. Add 2 more cups of water during the cooking process for a thinner texture.

5. Ladle into bowls and serve.
6. Refrigerate leftovers within 2 hours.

Slow cooker variation:
 Add all ingredients to a slow cooker and cook on low for 6 hours or high for 4 hours.

Makes 12 servings
 Serving Size: 1 cup
 Cost per recipe: \$6.97
 Cost per serving: \$0.58

Nutrition facts per serving:
 210 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 390mg sodium; 34g total carbohydrate; 11g dietary fiber; 5g total sugars; 0g added sugars; 12g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source: LaToya Drake, Extension Specialist for Food Access and Equity, University of Kentucky Cooperative Extension Service



Make it a Meal

- Split Pea Soup
- Whole-grain roll or crackers
- Glass of low-fat milk
- Canned pineapple in juice



Ingredient Spotlight

Split Peas

Split peas are a good source of folate. This recipe contains 30% of the daily value for folate. The body needs folate to make DNA and other genetic material.

Source: <https://ods.od.nih.gov/factsheets/Folate-Consumer>



Substitutions

Try using any type of split pea or lentil with this recipe. If using a different type of dried bean, adjust the cooking time. Use leftover cooked ham, chicken, or sausage in this dish by adding one cup to the pot before bringing everything to a boil.



The 2025 Food & Nutrition Recipe Calendar is available starting January 2nd. We have a limited supply and it is not mailed out. Please come by the office at your earliest convenience to pick up a copy while they last. Also available in Spanish. First come first served; we do not hold them.



FAMILY CAREGIVER HEALTH BULLETIN



JANUARY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Madison County Cooperative Extension Service
230 Duncannon Lane
Richmond, KY 40475
(859) 623-4072

THIS MONTH'S TOPIC

PHYSICAL AND MENTAL BENEFITS OF COLD WEATHER ACTIVITY



While staying safe in the cold, snow, and ice is a priority, don't let winter keep you from the outdoors if you are able. Both mental and physical health can be negatively affected by the shortened, cold days. It is not uncommon to feel sluggish or less productive. Use winter to your advantage and get invigorated.

Spending time outdoors is essential for well-being and can positively affect mental and physical well-being, including reducing stress and enhancing sleep. Research supports the idea that spending at least 120 minutes a week in nature has positive benefits on health and well-being (White, et al., 2019). Time in nature can include being physically active or just relaxing and taking in the sounds, sights, and smells.

Spending time outdoors during the winter can be a little more challenging, especially as we age, however. As we get older, we lose body heat faster than when we were

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younger, making us more susceptible to cold weather. As a result, it is important to know the risks and benefits of spending time outside.

Dress warm and feel the sunshine.

When you are dressed warmly and can feel the sun on your face, your body is triggered to create vitamin D, which is good for your bones, muscles, immune system, and mood. To get sunshine in the winter, dress appropriately for cold weather and venture out for a picnic on your porch, build a snowman, photograph the snowflakes, walk around the neighborhood if sidewalks are clear of snow and ice, or take a winter hike and soak in the winter birds and other wildlife.

Stay physically active.

Daily physical activity can improve physical and mental well-being. Depending on where you live or visit, winter outdoor activities may include walking, shoveling, snowball fights, and cross-country skiing. Winter exercise needs extra planning and preparation.

- **Talk to a health-care provider about your health and outdoor activity.** Cold temperatures make it more difficult for the heart to pump blood throughout the body which may result in heart strain. Blood vessels can narrow in cold weather and prevent muscles from getting the oxygen they need to function properly. As a result, cold weather can make you vulnerable to muscle strain and injury.
- **Learn the signs of hypothermia.** Hypothermia occurs when the body's temperature loses heat more rapidly than heat is produced. When the body's core temperature drops below 95 degrees, it may cause a medical emergency. According to the Mayo Clinic, some signs of hypothermia include shivering, weak pulse, slurred speech, confusion, low energy, and shallow breathing.
- **Avoid frostnip and frostbite.** Exposure to severe cold and direct contact with ice, cold liquids, and frozen metals can lead to skin and tissue freezing. The early stage of frostbite is called frostnip, which causes cold and numbness. As frostbite gets worse, skin can change color, tingle, sting or feel prickly, throb, and become waxy-looking or hard.

Frostbite can occur on covered or uncovered skin, especially on the fingers, toes, ears, nose, and cheeks. To prevent frostbite, cover your extremities, stay hydrated, recognize the symptoms, and go indoors immediately. If your frostbite is more than mild, the Mayo Clinic recommends seeking medical attention to help prevent permanent damage.

- **Prevent falls.** The chances of falling increase when the ground freezes and becomes icy and slick. The best way to stay safe in icy conditions is to stay inside. If you must go out, take your time, wear proper footwear, use handrails, and walk like a penguin, which means taking smaller waddle-like steps that help maintain your center of gravity.

Be smart!

While going outside in winter can be good for you, watch the weather. If the conditions are too extreme, stay indoors! If you choose to go out on a nice winter day, pick the warmest part of the day to be outside when the sun is at its peak. Dress warmly, avoid cotton, and wear layers made of wool, fleece, or other fabrics that help keep you warm while wicking away moisture. When exercising outdoors, layers allow you to stay comfortable and not overheat. Keep your head and hands and feet covered so you do not lose heat. Wear proper footwear for the conditions. Protect your skin, lips, and eyes. Lastly, stay hydrated.

REFERENCES:

- Harvard Health Publishing. (2019). An older adult's guide to exercising in cold weather. Retrieved 10/11/24 from <https://www.health.harvard.edu/staying-healthy/an-older-adults-guide-to-exercising-in-cold-weather>.
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- White, M.P., Alcock, I., Grellier, J. et al. Spending at least 120 minutes a week in nature is associated with good health and wellbeing. *Sci Rep* 9, 7730 (2019). <https://doi.org/10.1038/s41598-019-44097-3>
- Utah Health. (2022). The Physical and Mental Benefits of Getting Outside in the Winter. Retrieved 10/11/24 from <https://healthcare.utah.edu/healthfeed/2022/01/physical-and-mental-benefits-of-getting-outside-winter>

FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Marseau
Stock images:
Adobe Stock

THIS MONTH'S TOPIC: FORMING HEALTHY FINANCIAL HABITS

Have you ever wished you could change the way you handle money? Learn more about the science of forming habits and how you can use these strategies to improve your finances.

HOW HABITS ARE FORMED

James Clear, author of *Atomic Habits*, describes habits as behaviors that we repeat so many times they become automatic. There is a four-step process to creating a habit that forms what he calls the "habit loop." Those four steps are:

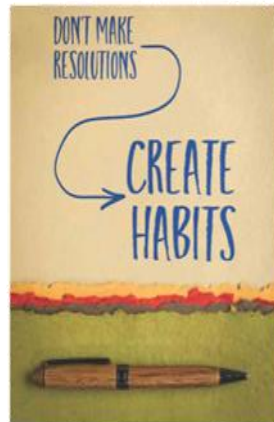
Cue → **Craving** → **Response** → **Reward**

The first two steps involve *responding to a problem*. The last two steps involve *arriving at a solution*. By becoming more aware of our habit loops, we can take actions to create a good habit or break a bad habit.

HABITS AND MONEY

So how do we apply this to personal finance? Think of something you want to change about your money habits. Maybe you want to reduce the number of times you eat out each week. You might accomplish this by going to the grocery store and cooking at home.

First, identify what "cues" you to eat out in the first place. The **cue** may be hunger. For example, you saw a commercial for pizza,



drove past the sign for a delicious sit-down restaurant, or it was 6 p.m. and that is your normal dinner time! The **craving** is for food. The **response** is to buy the food, and the **reward** is that you are no longer hungry.

In order to change this cycle - and the money spent on it - there are things we can do to reinforce a good habit, as well as things we can do to avoid a bad habit. The table below breaks down this dinnertime "habit loop." Namely, you want to make a new habit obvious, attractive, easy, and satisfying. Similarly, you want to make an old habit invisible, unattractive, difficult, and unsatisfying.

Cycle of Habit Loop	Form a Good Habit - Make it ...	Break a Bad Habit - Make it ...
Cue: Hunger	Obvious: Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	Invisible: Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
Craving: Food	Attractive: If cooking is a chore, then pair an activity you enjoy with it. Maybe call a friend or listen to music, or an audiobook or podcast.	Unattractive: Give yourself reminders of why you don't want to eat out. Put a picture of what you're saving for in your wallet to remind you not to spend.
Response: Buy food	Easy: Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	Difficult: Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
Reward: Full	Satisfying: Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	Unsatisfying: Appoint someone to hold you accountable and remind you of your commitment.

CHANGING YOUR HABIT LOOPS

Use this blank chart to note a financial habit you would like to create or change. First, decide on the habit, then identify the parts of the cycle in the first column. Finally, brainstorm ways to reinforce a good habit in the second column and/or find ways to make a bad habit less appealing in the third column.

New Habit: _____

Cycle of Habit Loop	Form a Good Habit - Make it ...	Break a Bad Habit - Make it ...
Cue:	Obvious:	Invisible:
Craving:	Attractive:	Unattractive:
Response:	Easy:	Difficult:
Reward:	Satisfying:	Unsatisfying:

REFERENCE:

Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

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