

Essay on habit: review class notes each evening

[Education](#)



**ASSIGN
BUSTER**

Reflection

Cue: Set an alarm

Reward: Enhanced my understanding

It is worth mentioning that I followed my identified habit every day. I completed my other chores before time so that I could have extra hours to review my class notes. For this reason, I consider my 21 days a success due to some reasons. For one, during the 21 days, I was only late in the first two evenings. For the remaining days, I reached the reading room 15 minutes before time. The alarm reminded me to review my class notes only two evenings, which means that I succeeded in following my new habit. What's more, I have improved my class understanding since I can now remember over 90 percent of what we have been studying in class. As a result, I consider my project victorious.

My habit was essentially simple enough because reading is one of my hobbies. My cue worked because the alarm reminded me my new habit only in the first two days. From the third day all through the last day, the alarm rang when I was at the reading room, which means that I already expected my clock to ring during the time I had set. Therefore, I already had in mind the time I was supposed to start reviewing my class notes. My reward was adequate to motivate me. I began experiencing the change from the third day, and this increased my new habit of reviewing class notes each evening. The only performance barrier that I encountered was laziness during the first two evenings. The cue to prevent laziness from happening again is to carry my "to do list" each time in the future. The process yielded good results since I now remember over 90% of what we have been studying in class.

Therefore, I will use the process another time to establish a different new habit.