Habit Cue Redesign

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character forgets to review a calendar.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Choose an accessible cue for a small routine and a fallback if the cue is missed.

3. What cue already exists in the day?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.