Habit Strength: Various factors influence strength of habits

(Gardner & Lally, 2013)
- Motivated individuals are more likely to develop strong habits than unmotivated individuals are
- Self determination regulation theory

(Gardner & Rebar, 2019)
- Habit strength will predict the likelihood of actually performing the habitual tendency, and these habits if strong will be even stronger than our motivational tendencies.

Rewards:
People form habits due to interest of obtaining a reward

(Wood, 2017)
- Dopamine signals become less active as habits form and the reward becomes expected
- As habits strengthen, people naturally become less sensitive to rewards

(Brown, et al., 2020)
- People form habits due to interest of the outcome (reward)
- Positive interest in the reward is the determining factor for formation

Past Behaviors:
Past behaviors influence formation of habits

(Rosen & Sims, 2011)
- People with altruistic behavior tend to form habits from their past good deeds

(Gardner & Rebar, 2019)
- "Habit is formed when exposure to the cue is sufficient to arouse the impulse to enact the associated behavior without conscious oversight"

Emotion Regulation:
Habits have an influence on controlling emotion

(Lombardi, 2017)
- People with a higher engagement in music production have lower difficulties managing their emotions

Emotion:
Positive affective states increase habits

(Sirois et al., 2014)
- Self-compassion promotes health-behavior habits

(Weyland et al., 2020)
- Positive affect at the end of an exercise class helps builds an exercise habit

Goal: to develop a daily diary study investigating habit formation and maintenance

Duckworth et al.: A Literature Review of the Psychology of Habits
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