



# *TRIGGER*

# Trigger The

**United States Naval Institute**



## Trigger The:

*Trigger the Chain Reaction: The Power of Keystone Habits* Caleb Prescott, 2025-12-11 Some habits matter more than others Change one and dozens of other behaviors begin to shift without effort These are keystone habits small strategic actions that act like dominoes knocking over bigger changes in your health focus finances and relationships Most people grind to build dozens of habits at once and burn out High performers do the opposite they find the one keystone that starts the chain Trigger the Chain Reaction shows you exactly how to identify and install your own keystone habits Drawing on behavioral psychology and real life examples it explains why certain habits create disproportionate impact how they reshape your identity and why they naturally pull other positive behaviors into place You will learn to spot your current negative keystones replace them with powerful alternatives and design simple routines that stick even on your worst days Instead of relying on motivation you will use triggers environment design and tiny repeatable actions to lock in your new keystone habit From a five minute nightly reset that transforms your mornings to a single financial check in that changes how you spend to one health habit that upgrades your energy across the day this book gives you practical templates you can adapt immediately If you are tired of starting over every Monday this approach lets you stop chasing dozens of goals and focus on the one habit that quietly rearranges everything else Start the right habit and the chain will follow

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