

# Template: Temptation Bundling

*Temptation bundling works by linking an action you want to do with an action you need to do. You're more likely to find a behavior attractive if you get to do one of your favorite things at the same time.*

I will only \_\_\_\_\_  
HABIT I WANT TO DO

when I \_\_\_\_\_ .  
HABIT I NEED TO DO