

Snapshots proving

The most (practical) evidence I get using without writing down is using not other



Habits are a subconscious constantly connecting neural pathways in our brains that create strong bonds

How small habits change emotions and work in my favor?



How to make what is to something

How to make what is to something

What is Habit Stacking?



- something you do often
- usually without a lot of thought
- a perfect opportunity to trigger your next habit



Doing things come from our brains. The seed of every habit is a thought, tiny doesn't

- James Clear

How to Get Started

Implementation intention

intentionally Peter Dinklage



If I feel like

In simple terms, an implementation intention is when and where you will do something. The current habit becomes a cue to trigger a new action

- Maria Montessori

BUILD POWERFUL HABITS

Be realistic



Not enough people!

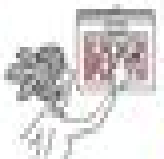
Start everyone a version of that time of day

Grow period!

Make your new habit something you can't wait to do every day

Avoid the Pitfalls

Be consistent



How a day

Get right into it



Benefits include

1. Smooth transitions



You can move with more intention when

1. Better success



Get results in a shorter period of time

Once you have chosen one successfully next, you can add another one



4. Momentum to reach greater goals

By making things that are more than it becomes more manageable



'Small habits don't add up, they compound. That's the power of atomic habits. Tiny changes. Remarkable results'

- Atomic habits by James Clear

Habit Building For Beginners

Bruce Walker



Habit Building For Beginners:

The Science of Habits: How to build habits that stick Ikechukwu Kelvin Maduemezia, 2025-08-26 This book explains the neuroscience of habits and offers practical steps to create lasting routines that transform daily life *Beginner*

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