

Snapshots proving

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

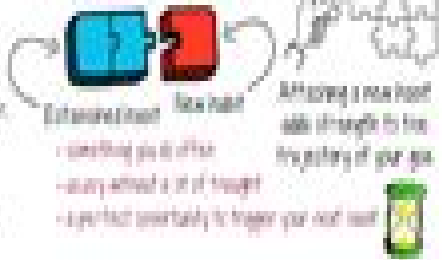


Habits are a subconscious constantly connecting neural pathways in our brains that create strong bonds

How small habits make emotions and work in my favor?



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
introduced by Peter Gollwitzer
that stacking using the 'If-Then' rule



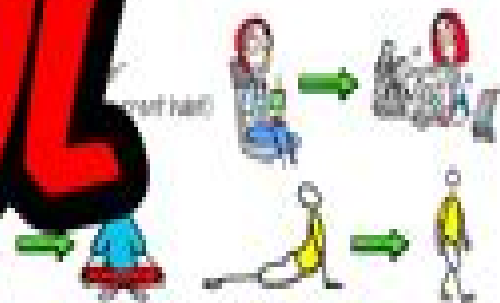
If-Then

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

BUILD POWERFUL HABITS

Stacking Similar Habits

Use for best results - stick with a similar type



Be realistic



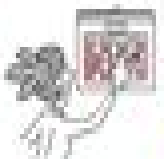
Not overdoing it!
Start with a small amount of that habit of day

Grow period

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

Avoid the Pitfalls

Be consistent



Plan a day
Get right into it

But you need to be repeated to become habits



1. Better success



Get results in a shorter period of time

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



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

- Atomic habits by James Clear

4. Momentum to reach greater goals

By making things easier and more fun, it becomes more manageable



For Beginners Habit Building

Elga Egrit



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