

Snapshots proving

The most (practical) evidence I get using habits and how to change other



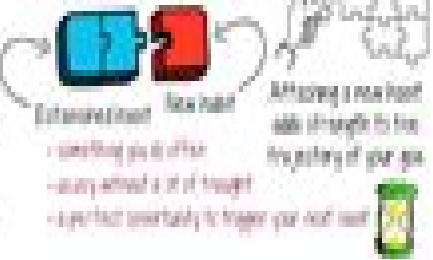
How small habits make a difference and work in my favor?



This answer 'Habit Stacking'



What is Habit Stacking?



How to Get Started

Implementation intention

introduced by Peter Gollwitzer

habit stacking using the 'If-Then' rule



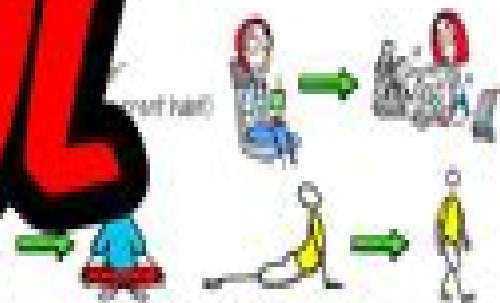
In simple terms, an implementation intention is when and where you will do something. The current habit becomes a cue to trigger a new action.

- Maria Montessori

BUILD POWERFUL HABITS

Stacking Similar Habits

use for best results - stick with a similar type

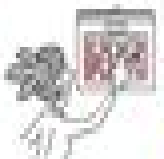


Be realistic



Avoid the Pitfalls

Be consistent



But you need to be consistent to become habits



1. Better success

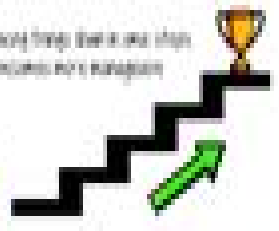


Once you have chosen one successfully habit, you can add another one



4. Momentum to reach greater goals

By making things easier and more fun, 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

For Beginners Habit Building

Bruce Walker



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