

Snapshots proving

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

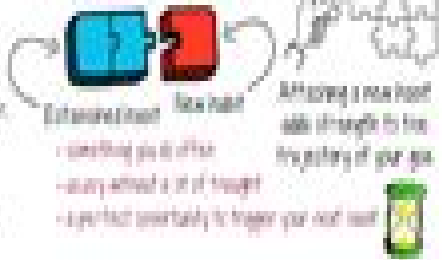


How small habits make a difference and work in my favor?



This answer 'Habit Stacking'

What is Habit Stacking?



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

not changing using the 30/1 rule yet



1. Cue

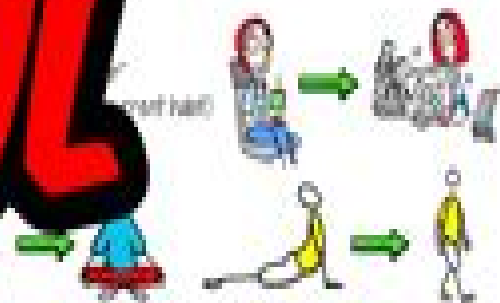
In simple terms, an implementation intention is when and where you will do something. The current habit becomes a cue to trigger a new action.

- Melissa May

BUILD POWERFUL HABITS

Stacking Similar Habits

use for best results - stick with a similar type

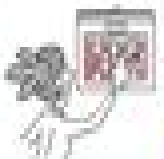


Be realistic



Avoid the Pitfalls

Be consistent



But you need to be consistent to become habits



1. Better success



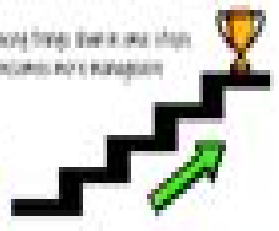
Get results in a shorter period of time

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

Habit Building For Beginners

L Reisser



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