

Snapshots proving

The most (practical) snapshot I am using without asking you to change anything



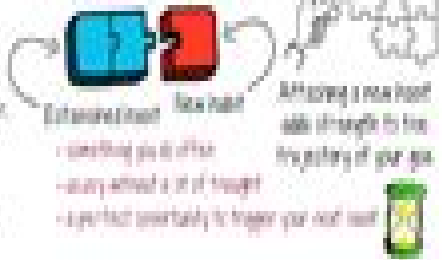
Habits are a subconscious consistency connecting your a pathway in our brain that creates strong bonds

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



This answer 'Super Stacking'

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



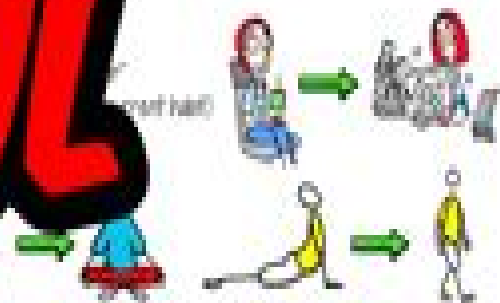
If-Then rule

In simple terms, an implementation intention is when and where you will do something. When 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



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



Plan a day
Get right into it

But you need to be repeated to become habits



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



'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 when it becomes more manageable



For Beginners Habit Building

Padhraic Smyth



For Beginners Habit Building:

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buffers typically consist of an acid base pair with the acid and base differing by the presence or absence of a proton a conjugate acid base pair for instance one of the buffers that maintain the ph of human blood involves carbonic acid H_2CO_3 and its conjugate base the bicarbonate ion HCO_3^-

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