

Snapshots proving

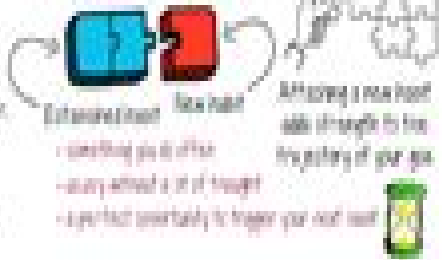
The most (practical) evidence I get using Habit Tracker is how it's changing other



How small habits make emotions and work in my favor?



What is Habit Stacking?



Doing things come from our ingrained. The seed of every habit is a single, tiny decision.

- James Clear

How to Get Started

Implementation intention

introduced by Peter Gollwitzer

habit stacking using the 'If-Then' rule



If-Then

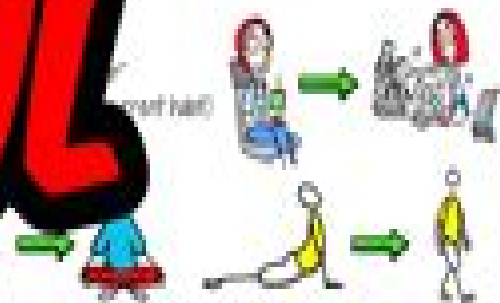
In simple terms, an implementation intention is when and where you will do something. When the current habit becomes a cue to trigger a new action.

- Melissa May

BUILD POWERFUL HABITS

Stacking Similar Habits

use for best results - stick with a similar type

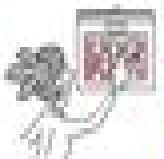


Be realistic



Avoid the Pitfalls

Be consistent



But you need to be prepared to make more



1. Better success



Get results in a shorter period of time

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

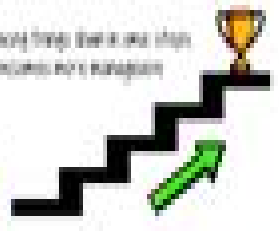


"Small habits don't add up, they compound. That's the power of atomic habits. Tiny changes. Remarkable results"

- 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

Atina Amrahs



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Eat Good, Look Good, Feel Great:

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