

## Snapshots proving

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

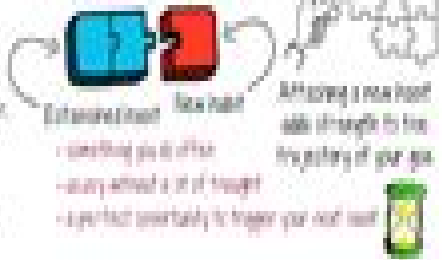


Habits are a subconscious consistency connecting your a pathway in our brain that creates strong bonds

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



## 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 ingrained. The seed of every habit is a choice, my decision  
- James Clear

## How to Get Started

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



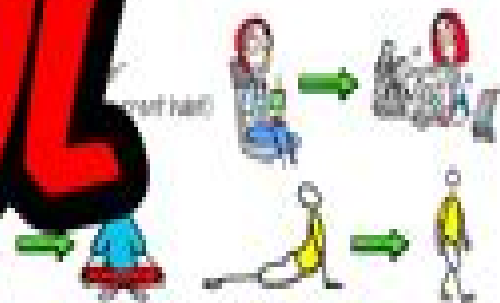
If-Then

In simple terms, an implementation intention is when and where you will do something. 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 overdoing it!  
Start with a small number of that type of day

## Grow period



Make your new habit something you can do every day

## Avoid the Pitfalls

### Be consistent



Plan a day  
Get right into it

But you need to be prepared to make 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 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

**GRAYSON ALDER**



## Habit Building For Beginners:

The Science of Habits: How to build habits that stick Ikechukwu Kelvin Maduemezia, 2025-08-26 This book explains the neuroscience of habits and offers practical steps to create lasting routines that transform daily life *Beginner*

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web spirou et fantasio fut l'une des bd principales de l'âge d'or et est aussi importante et imposante dans l'histoire du neuvième art au même titre que astérix tintin les schtroumpfs lucky luke ou gaston c'est un grand classique incontournable et l'une des rares à produire de nouvelles aventures de nos jours

gcd series les aventures de spirou et fantasio - Oct 05 2022

web publication dates janvier 1950 present number of issues published 56 1 4 aventures de spirou et fantasio 56 la mort de spirou color couleur

**spirou et fantasio la série de bd Éditions dupuis** - Feb 09 2023

web toujours accompagné de son ami fantasio et de spip son écureuil fétiche spirou combat des méchants de tout poil aux quatre coins de la planète c'est ainsi qu'il luttera contre le terrible savant zorglub ou le malfaisant pirate john hélène qu'il affrontera mafia italienne et triades chinoises à new york ou qu'il ira percer en

**les aventures de spirou et fantasio film 2018 allociné** - Mar 30 2022

web imaginons notre héros à la houpette devenu un bad boy qui ne peut s'empêcher de voler tout ce qui passe à ses côtés tu pourrais nous faire la même réponse alors oui quand on ne connaît

spirou et l'aventure spiroupédia fandom - Apr 30 2022

web période franquin quatre aventures de spirou et fantasio il y a un sorcier à champignac les chapeaux noirs spirou et les

héritiers les voleurs du marsupilami la corne de rhinocéros le dictateur et le champignon la mauvaise tête le repaire de la murène les pirates du silence le gorille a bonne mine le nid

*spirou et l aventure wikipedia* - Aug 03 2022

web date of publication 1943 1946 language french chronology followed by spirou et fantasio 1948 spirou et l aventure written and drawn by jijé is the first published album containing spirou et fantasio adventures

**une aventure de spirou et fantasio tome 5 les voleurs du** - Feb 26 2022

web une aventure de spirou et fantasio tome 5 les voleurs du marsupilamilivre d occasion écrit par franquin andréparu en 2018

liste des auteurs de spirou et fantasio wikiwand - Dec 27 2021

web afficher toutes les questions cette page liste tous les scénaristes et dessinateurs ayant été un des auteurs officiels des aventures de spirou et fantasio ils sont listés dans l ordre chronologique du début de leur collaboration à la série

spirou et fantasio tome 5 les voleurs du marsupilami - Jul 14 2023

web un des 19 2 chefs d oeuvre d andré franquin pour sa série spirou et fantasio c est le tome 5 de la saga peinte aux encres de couleurs les plus vives l odyssée misérable de l honnête voleur valentin mollet

**quatre aventures de spirou et fantasio wikipedia** - May 12 2023

web quatre aventures de spirou et fantasio written and drawn by franquin is a collection of four stories from serial publication between 1948 and 1950 in spirou magazine namely spirou et les plans du robot spirou sur le ring spirou fait

**les aventures de spirou bdpedia fandom** - Jun 01 2022

web protagonistes spirou groom puis reporter fantasio journaliste farfelu et bougon spip écureuil pensant grand ami de spirou depuis qu il l a recueilli dans l île artificielle de sosthène silly le marsupilami étrange animal à longue queue originaire de palombie plus ou moins conscient et ressemblant à un sige à pelage de panthère

*les aventures de spirou et fantasio t 5 les voleurs du* - Sep 04 2022

web spirou et fantasio t 5 les voleurs du marsupilami andré franquin auteur principal livre format livre editeur dupuis date de parution 01 04 1986

*les voleurs du marsupilami spirou et fantasio 5 goodreads* - Jan 08 2023

web professions groom au moustic hôtel puis coureur d aventure age né le 21 les voleurs du marsupilami spirou et fantasio 5 by andré franquin goodreads

**les voleurs du marsupilami spiroupédia fandom** - Jun 13 2023

web la corne de rhinocéros les voleurs du marsupilami est le cinquième album de la série classique de spirou et fantasio et le sixième spirou et fantasio de franquin il constitue avec spirou et les héritiers un dyptique mais les

