

Snapshots proving

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



Habits are a subconscious constantly connecting neural pathways in our brains that create strong bonds

How small habits make emotions and work in my favor?



Ready for what it is to something
Having the ability to do it
Having the ability to do it



After two a shower, all more my bed



What is Habit Stacking?



Attaching a new habit adds strength to the trajectory of your goals

- 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



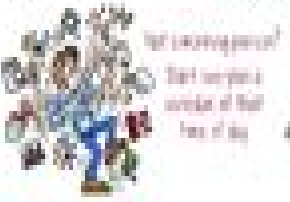
If-Then

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

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 habit, you can add another one

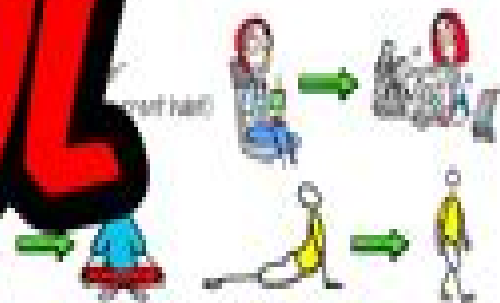


"Small habits don't add up, they compound. That's the power of atomic habits. Tiny changes. Remarkable results"

- Atomic habits by James Clear

Stacking Similar Habits

Use for best results - stick with a similar type



Good habit

4. Momentum to reach greater goals

By making things easier and more fun it becomes more manageable



Habit Building For Beginners

Michelle Grain



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**

Entrepreneur Habits : You Become What You Are Thinking And Doing Elga Egrit, You want to be successful but you re not there yet And if you re like a lot of people you re wondering why your efforts haven t paid off It s frustrating especially if you ve been reading books and trying recommendations But there s good news Your mindset is the key to success and you can change your mindset by shifting your habits What do I mean by that Well mindset is the way you think about things It s how you think about yourself your efforts and abilities and your place in the world You know how you sometimes hear a voice in your head telling you things about yourself We all hear it and the problem is that it s rarely a positive voice In fact it can be a real jerk But it doesn t need to stay that way There are habits you can do to change it rewire it and give it a positive spin And guess what When you do that you can do anything Get your Free e book Morning Habits to be happier more productive and have the confidence you need to address tough challenges that come your way Subscribe to my newsletter and you will have your free e book straight away in your email inbox See all the information in the part Resources and Recommendations of the ebook

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From Couch to Core: A Beginner's Journey Michelle Grain, From Couch to Core A Beginner s Journey is the honest uplifting guide for anyone who s ever stared at a yoga mat gym membership or fitness app and thought Maybe tomorrow This isn t a book about six packs or miracle diets It s about real people taking real steps awkward sweaty sometimes hilarious steps towards feeling stronger healthier and more in control Whether you haven t exercised in years or you ve simply lost your way this beginner friendly journey offers practical advice achievable workouts and a healthy dose of encouragement No judgement No jargon Just one step at a time from the sofa to something stronger

Breaking Bad Habits: Jonathan K. Hari, 2025-06-22 Breaking Bad Habits A Step by Step Guide to Rewiring Your Mind for Success Overcome Self Sabotage Build Positive Routines and Create Lasting Change Old habits hold you back keeping you stuck in cycles of frustration and self sabotage Despite your best intentions breaking free seems impossible But what if you could rewire your brain and transform your life without relying on sheer willpower Inside This Book You ll Discover The Psychology Behind Triggers and Rewards Shifting Your Mindset for Lasting Change The Role of Willpower and Self Discipline How to Replace Bad Habits with Good Ones The Power of Small Consistent Changes Using Accountability and Support Systems Overcoming Temptation

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