

Snapshots proving

The most (practical) evidence I get using without writing down is using not other



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

How small habits change emotions and work in my favor?



How to get what you want to do something

How to get what you want to do something

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

intentionally Peter Dinklage

not stacking using the 3-1-1 rule



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

- Maria Montessori

Be realistic



Avoid the Pitfalls

Be consistent



How a day



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 successful habit, you can add another one



4. Momentum to reach greater goals

By making things easier and more enjoyable 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

BUILD POWERFUL HABITS

For Beginners Habit Building

Ahmed Musa



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