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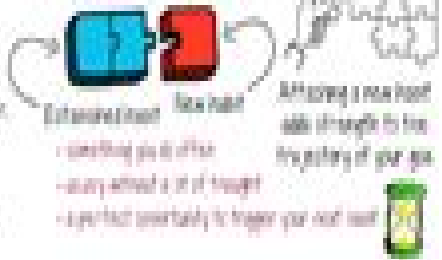
The most (practical) evidence I get using habits and how to use them to change other



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



What is Habit Stacking?



Doing things come from our brains. The seed of every habit is a thought, my friend!

- James Clear

How to Get Started

Implementation intention

intentionally Peter Dinklage

habit stacking using the 3-1-1 rule



1. Choose

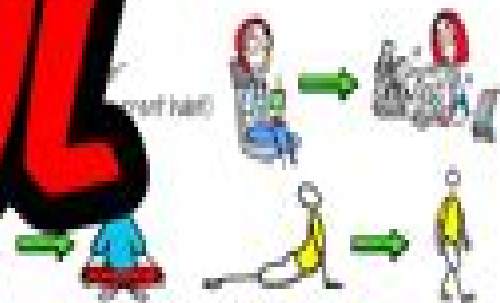
In simple terms, an implementation intention is when and where you will do something. The current habit becomes a cue to trigger a new action.

- Melissa May

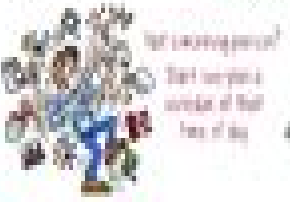
BUILD POWERFUL HABITS

Stacking Similar Habits

use for best results - stick with a similar type



Be realistic



Avoid the Pitfalls

Be consistent



But you need to be consistent to make habits



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

Dedek Baskoro



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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Breaking Bad Habits: Jonathan K. Hari, 2025-06-22

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