

How to Build Good Habits

1

Make it Obvious



I'll Study



I'll Study at 6PM in the study room

2

Make it Attractive



Eat your Favorite Snacks when you are studying
Make it a group activity.

3

Make it Easy



2 minute Rule: Do only the first two minute of activity
Organize your books and notes only

4

Make it Satisfying



Reward Yourself after the activity so it leaved a good memory
in your brain : Have a Sweet after you've studied

Habit Building Planner Step By Step

AW Chickering



Habit Building Planner Step By Step:

The Habit Building Blueprint , THE HABIT BUILDING BLUEPRINT Master the Science of Behavior Change Transform your life one habit at a time with this science backed guide 40% of your daily actions are habits Your habits shape your identity your health your wealth and your happiness Master your habits master your life This comprehensive guide combines cutting edge behavioral science with practical actionable strategies to help you build good habits break bad ones and design your ideal life WHAT S INSIDE THIS 30 PAGE GUIDE 6 comprehensive chapters bonus materials 35 tables charts and visual frameworks The complete Habit Loop explained James Clear s 4 Laws of Behavior Change 21 Day Habit Challenge with daily roadmap Identity based habit transformation 50 keystone habits to consider Printable habit trackers and worksheets THE SCIENCE YOU LL LEARN How habits form in the brain and why they re so hard to break The 4 step Habit Loop Cue Craving Response Reward Why true habit formation takes 66 days not 21 The power of keystone habits and compound effects How identity based change creates lasting transformation THE 4 LAWS OF BEHAVIOR CHANGE BUILD GOOD HABITS LAW 1 Make it OBVIOUS Implementation intentions habit stacking LAW 2 Make it ATTRACTIVE Temptation bundling LAW 3 Make it EASY The 2 minute rule LAW 4 Make it SATISFYING Habit tracking BREAK BAD HABITS INVERSION 1 Make it INVISIBLE INVERSION 2 Make it UNATTRACTIVE INVERSION 3 Make it DIFFICULT INVERSION 4 Make it UNSATISFYING THE 21 DAY HABIT CHALLENGE WEEK 1 Days 1 7 The Foundation Focus on showing up Build the streak Master the 2 minute version WEEK 2 Days 8 14 The Challenge Push through the motivation dip Discipline takes over The hardest week and you ll conquer it WEEK 3 Days 15 21 The Transformation It becomes automatic Identity shift begins Victory and beyond THE COMPOUND EFFECT OF HABITS Daily Action 1 Year 5 Years Read 20 pages 24 books 120 books Exercise 30 min 182 hours 912 hours Save 10 3 650 18 250 1% better daily 37x better 1 400 000% better Small habits done consistently lead to remarkable results THIS GUIDE IS PERFECT FOR Anyone who s tried and failed to build habits People wanting to break bad habits for good Those who understand goals but not systems Anyone feeling stuck in unproductive routines People who want science backed strategies Those ready for lasting personal transformation BONUS 50 KEYSTONE HABITS Organized by category Morning Habits wake up meditation journaling exercise Learning Habits reading podcasts skill practice Health Habits exercise nutrition sleep Financial Habits tracking saving investing Each habit includes time needed impact rating difficulty level INSTANT DOWNLOAD INCLUDES 30 page comprehensive PDF guide Modern clean professional design 35 tables and visual frameworks 21 Day Challenge roadmap Printable habit trackers Habit contract template 50 habit ideas categorized Unlimited personal use You do not rise to the level of your goals You fall to the level of your systems James Clear Build better systems Build better habits Build a better life Questions Message me anytime Love it Please leave a review HabitBuilding 21DayChallenge SelfImprovement AtomicHabits PersonalGrowth **Pathway Pioneer:** **Overcome Procrastination Through Strategic Habit and Build for Lasting Happiness** Dilip PAtil, Transform habits

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Inside this simple proven guide you will learn how to Master the Compounding Effect of Small Habits Understand the surprisingly powerful math of how tiny daily improvements can lead to an extraordinary transformation You ll learn why small changes make a much bigger difference than you think Build Good Habits That Actually Stick Unlock the four simple memorable laws of behavior change that make good habits obvious attractive easy and satisfying You ll get a step by step system for success Finally Break Your Bad Habits Learn to apply the inverse of the four laws to make your bad habits invisible unattractive difficult and unsatisfying systematically dismantling the routines that have been holding you back for years Overcome a Lack of Motivation with the Two Minute Rule Discover the simple but profound technique to make any new habit so easy to start that you can t say no guaranteeing you ll stay on track even on the days you don t feel like it Design Your Environment for Success Learn how to reshape your space and your life to make good habits inevitable and bad habits impossible Why Is This the Last Book on Self Improvement You ll Ever Need Because it gives you a practical actionable system that works for any goal This isn t just theory it s a user manual for human behavior This book is for anyone who wants to Stop procrastinating and finally take action Build a consistent workout routine or healthy eating plan Be more productive and focused at work Learn any new skill more effectively Simply stop struggling and start making real sustainable progress You do not rise to the level of your goals You fall to the level of your systems 1 This book will teach you how to build systems that never fail you Your journey to remarkable results starts with one tiny change Scroll up and click the Buy Now button to start building your best life one tiny habit at a time

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