

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

Good Bad Habits Guide To Shed Bad Habit

Suzanne LeVert, Gary R. McClain



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