How to

Build Good Habits

Make it Obvious



- I'll Study
- I'll Study at 6PM in the study room

Make it Attractive



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

Make it Easy



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

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

Léo Pomar

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