

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

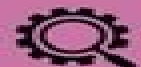
Make it Easy



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

L Towne



Good Bad Habits Guide To Shed Bad Habit:

Eventually, you will totally discover a further experience and completion by spending more cash. nevertheless when? reach you recognize that you require to acquire those every needs considering having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to comprehend even more almost the globe, experience, some places, behind history, amusement, and a lot more?

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