

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

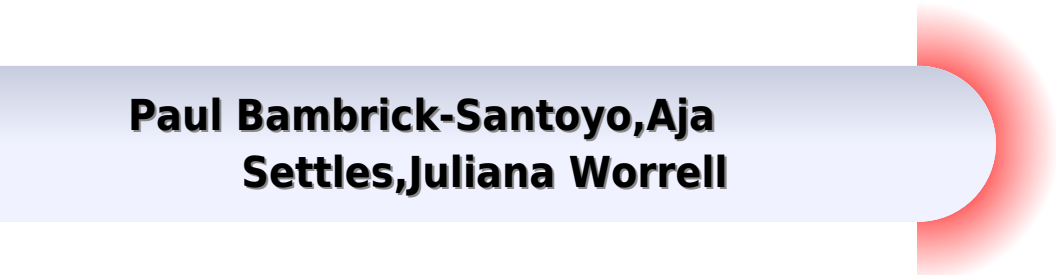
Make it Satisfying



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

6 Guide Habit Building Planner

**Paul Bambrick-Santoyo, Aja
Settles, Juliana Worrell**



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owen first gained attention through her twitter feed as the yorkshire shepherdess and has subsequently written five books the yorkshire shepherdess a year in the life of the yorkshire shepherdess adventures of the yorkshire shepherdess tales from the farm celebrating the seasons 28 october 2021 isbn 978 1529056853

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