

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

Bulletproof You The Guide To Creating Unbreakable Habits

Goldmine Reads



Bulletproof You The Guide To Creating Unbreakable Habits:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Bulletproof You The Guide To Creating Unbreakable Habits**

In a world inundated with monitors and the cacophony of fast conversation, the profound power and emotional resonance of verbal art often diminish into obscurity, eclipsed by the continuous onslaught of noise and distractions. Yet, set within the lyrical pages of **Bulletproof You The Guide To Creating Unbreakable Habits**, a interesting work of literary beauty that impulses with raw feelings, lies an unique journey waiting to be embarked upon. Written with a virtuoso wordsmith, this interesting opus books visitors on a psychological odyssey, gently revealing the latent potential and profound affect stuck within the intricate web of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is key subjects, dissect their captivating writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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