



Habit-Building

EISENHOWER MATRIX

Urgent

Flexible

Positive Effect



Positive Habit

- Daily short exercise session
- Prioritizing healthy meals
- Set daily time for focused work
- Practice a new skill regularly
- Express gratitude or journaling



Vital But Flexible

- Learn a new language
- Maintain household chores
- Network with industry peers
- Regular professional development
- Reply to non-urgent emails

Negative Effect



Distraction

- Mindless social media scrolling
- Engaging in online arguments
 - Watching too much news
- Checking email or notifications frequently
 - Multitasking ineffectively



Negative Habits

- Engaging in negative self-talk
- Excessive caffeine or snacks for energy
- Procrastinating on important tasks
 - Staying up too late needlessly
- Comparing yourself negatively to others

Review Habit Building

Albert Shaw



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How Children Build Habits Lois Hayden Meek,1926 *Eclectic Review* ,1908 **The International Socialist Review** Algie Martin Simons,Charles H. Kerr,1915 **The School Review** ,1908 *Ontario Library Review and Book-selection Guide* ,1920 **American Monthly Review of Reviews** ,1902 **The Trained Nurse and Hospital Review** ,1915
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