

5 POWERFUL TIPS FOR *Building Habits*

1

Start Small and Be Specific. Begin with 1 or 2 easy habits.

2

Set up Your Environment for Success.

3

Track your progress with a journal or an habit-tracking spreadsheets or app.

4

Celebrate your progress and reward yourself.

5

Share your habit goals with a someone who can hold you accountable.

Habit Building Quick Start

Henry Havens Windsor



Habit Building Quick Start:

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begin your one minute a day habit building adventure your life and your outlook will brighten I hope you use your social media power to share the colorful monthly messages with others Together we can overcome the pain of a divided America with the power of goodness because it is in these aspects of our citizenship that we are all equal **Brotherhood of**

Locomotive Firemen and Enginemen's Magazine ,1920 **Manufacturing Jeweler** ,1924 **Power Farming** ,1918
Building Your Life Judson Taylor Landis,Mary G. Landis,1954 *Carpenter* ,1919 *Union Postal Clerk* ,1917 The
New Success ,1920 **The Lawyer & Banker and Southern Bench & Bar Review** Charles E. George,1917 The
International Socialist Review Algie Martin Simons,Charles H. Kerr,1916 Munsey's Magazine ,1918 *The Railroad*
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