

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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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 Trainman* ,1920 **The Union Postal Clerk** George A. Donnelly,1917 **Radio Amateur News** ,1919 *The Boilermakers' Journal* ,1917 **Cartoons Magazine** Henry Havens Windsor,1916

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