



# Habit-Building

## EISENHOWER MATRIX

Positive Effect

**Urgent**



### Positive Habit

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

**Flexible**



### 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

**Mike Jess**

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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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