



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

LL Leslie



Review Habit Building:

Practical Druggist and Pharmaceutical Review of Reviews Benjamin Lillard,1916 Practical Druggist and Pharmaceutical Review of Reviews ,1915 **Practical Druggist and Pharmaceutical Review of Reviews** ,1919
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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
Year One John Cepoi,2023-10-06 In today s world filled with instant gratification and a monotonous strive to be mediocre we ve forgotten what success means Lots of people have different answers Discipline consistency motivation passion etc But the problem is they don t last And there is a very simple reason for it By themselves they will never get you to achieve greatness Instead think of them as ingredients to a recipe The result of that recipe when properly cooked is a habit It is within habits that we can find our inner transformation to the meaning in our lives But it s as easy as you may think You ve been lied to by so called gurus that building a habit doesn t take long Year One aims to demystify all those lies and give you a step by step game plan to follow Start building habits which will stick and improve your life forever **Wisconsin Journal of Education** ,1923

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