

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.

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Richard P. Pohanish, Stanley A. Greene

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

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