



# 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

**Minjie Lin**

## Review Habit Building:

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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 A monthly magazine of practical nursing devoted to the improvement and development of the graduate nurse    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

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