



# 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

**John Cepoi**

## 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  
**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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