

1 ☐ BUILDING HEALTHY HABITS

2 ☐

- Habit –
-
- Bad and/or Good
 - Examples -
-
- Bad Habits = We often don't think they matter over time
-
- Good Habits = We often don't think they matter over time
-
-

3 ☐ HOW TO BUILD GOOD HABITS

- Take the first step –
 - Examples -
-
- Start with repetition, not perfection –
 - Examples -

Habit Stacking –
Examples -

•

4 ☐

- Temptation Bundling – link a habit you want to do with a habit you need to do
 - Examples -
-
-
- Make habit part of your identity – I want this vs. I am this
 - Examples -

5 ☐

- *** THE COST OF GOOD HABITS ARE IN THE PRESENT,
 - The reward is in the future

- THE COST OF BAD HABITS ARE IN THE FUTURE !
 - The reward is in the present
- Why does this matter???????????