

7 DAYS TO BETTER HABITS ✨

*Your Simple, Actionable Plan That *Sticks**



1: Start with Clarity ✨

- Identify 1-3 specific habits
- Eg. "Walk 20 min every morning."



2: Start Small 🌱

- Break into tiny steps
- Eg. "Meditate 3 min."



3: Create Triggers 🔗

- Link to existing routine
- Eg. "After brushing, drink water"



4: Remove Friction 🏔️

- Use a tracker/journal
- Eg. "Visual accountability"



6.4: Track Your Progress ✅

- **Positive Reinforcement** 🎁
- Eg. "Music while exercising"



7: Reflect and Adjust ✨

- Review & identify
- Adjust, don't quit

'Consistency intensity.  Download the full guide now!

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