

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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