



# 7 DAYS TO BETTER HABITS BY SHAHAB RAJPER



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



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