

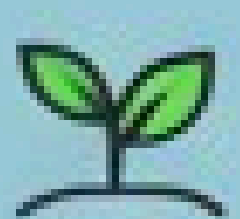
7 DAYS TO BETTER HABITS BY SHAHAB RAJPER ✨

Your Simple, Actionable Plan That *Sticks*



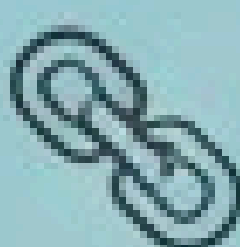
1: Start with Clarity ✨

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



2: Start Small 🌱

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



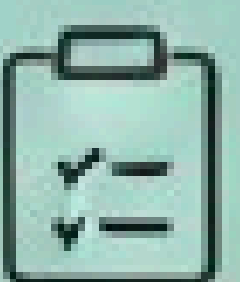
3: Create Triggers 🔗

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



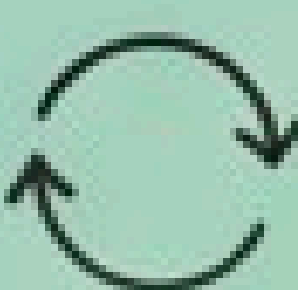
4: Remove Friction 🏔️

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



5: Track Your Progress ✅

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



7: Reflect and Adjust ✨

- Review & identify
- Adjust, don't quit



Download the full guide now!