Swipe >>>

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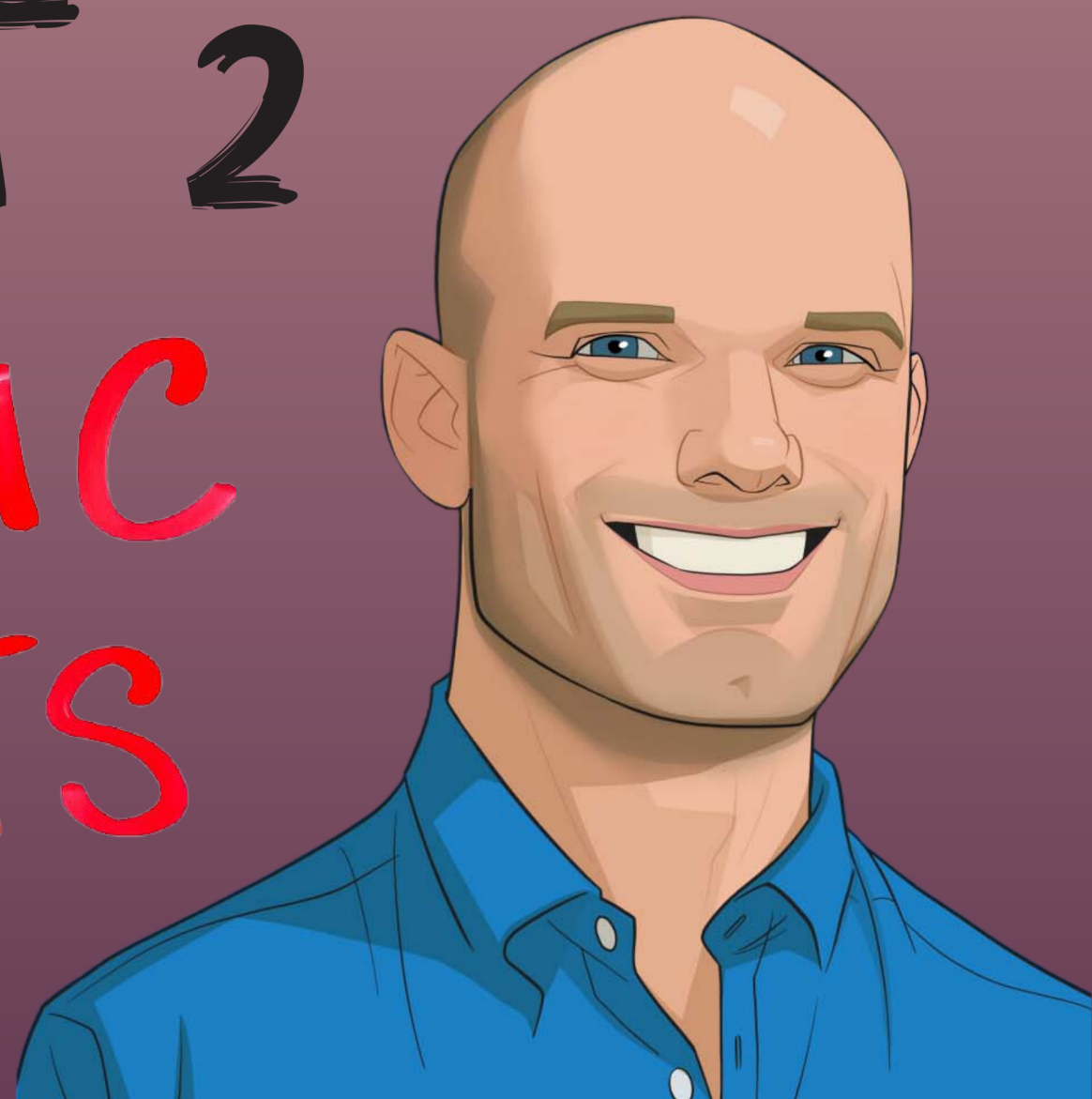
VISUAL SUMMARY PART 2

ATOMIC HABITS



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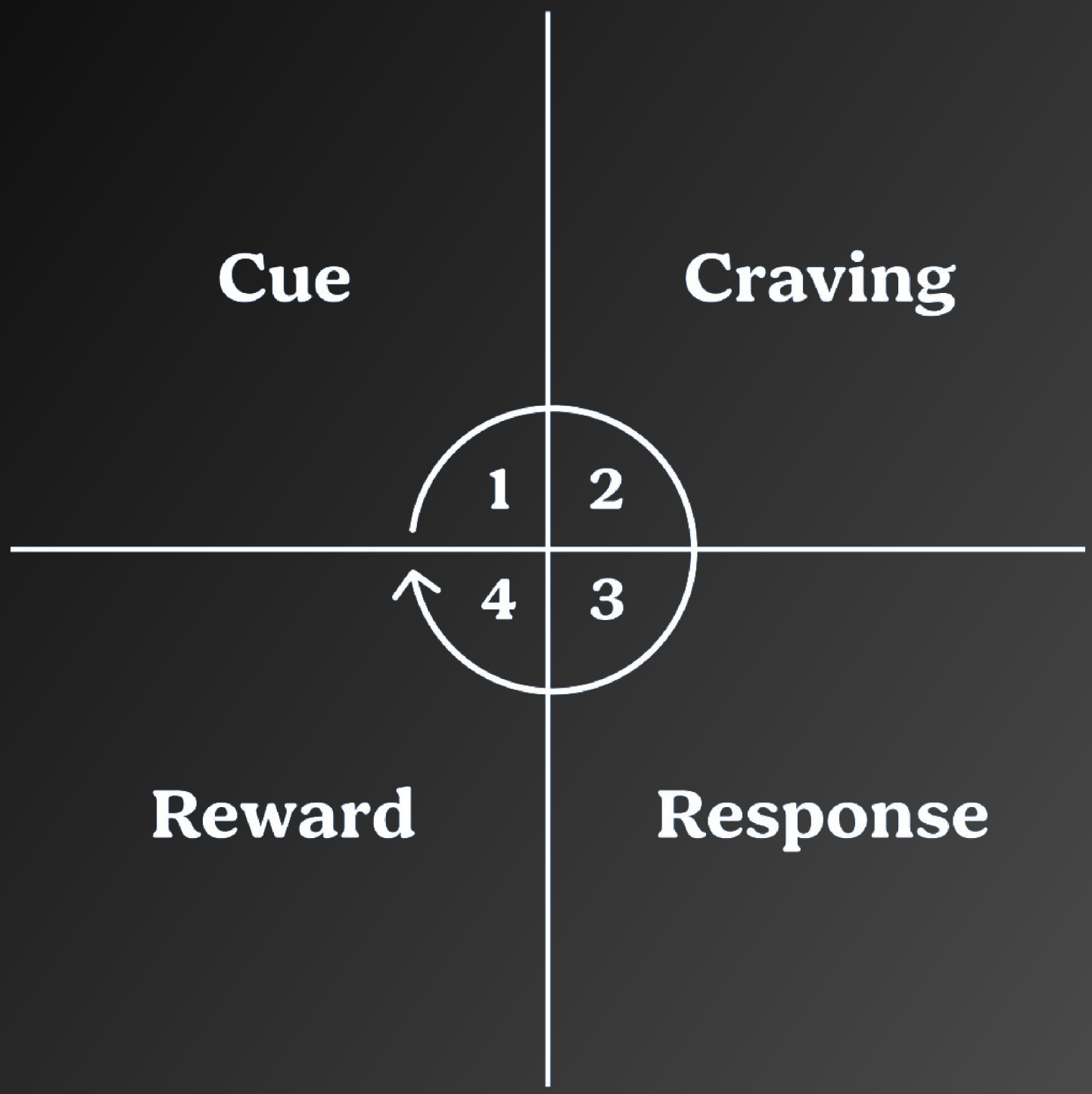
The Habit Loop

The Infinite Cycle That Drives Our Lives



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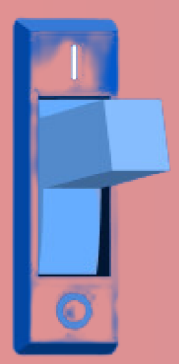
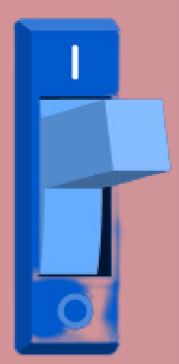
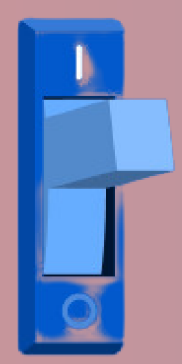
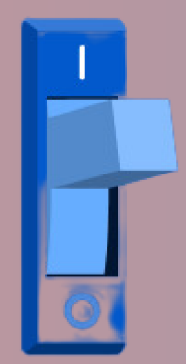
How to *Build* a *Good* Habit

The Four Laws of Behavior Change

Obvious	Attractive	Easy	Satisfying
			
Invisible	Unattractive	Difficult	Unsatisfying

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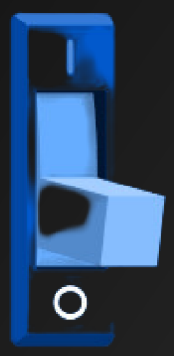
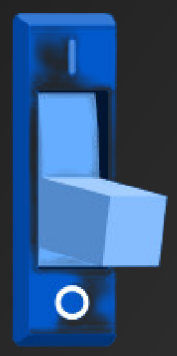
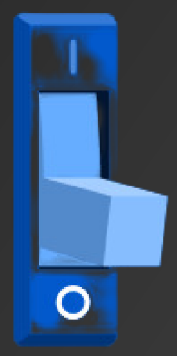
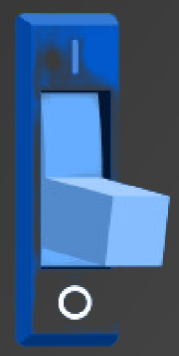
How to *Break* a *Bad* Habit

The Four Laws of Behavior Change

Obvious	Attractive	Easy	Satisfying
			
Invisible	Unattractive	Difficult	Unsatisfying

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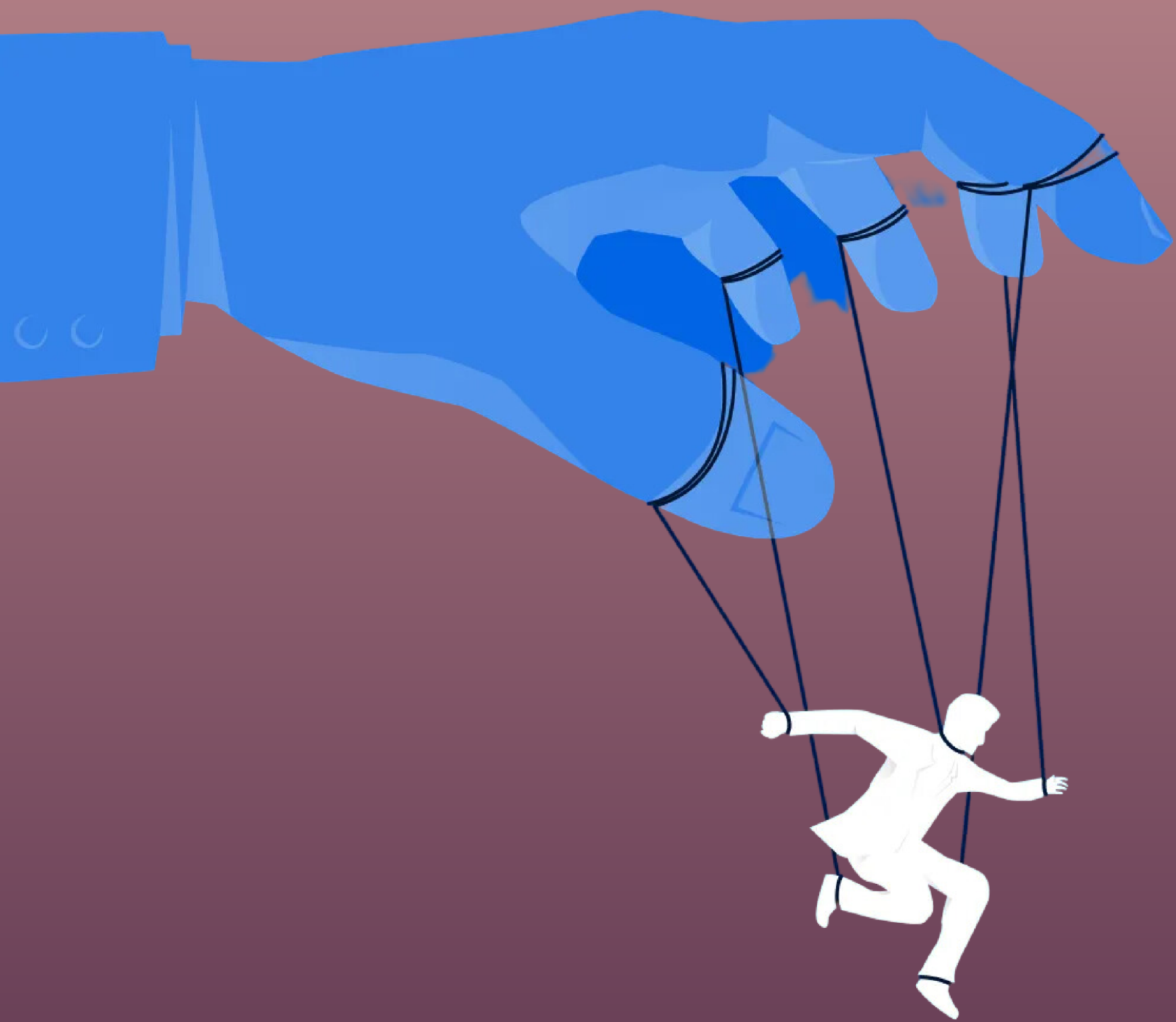
Your Environment Secretly Controls You



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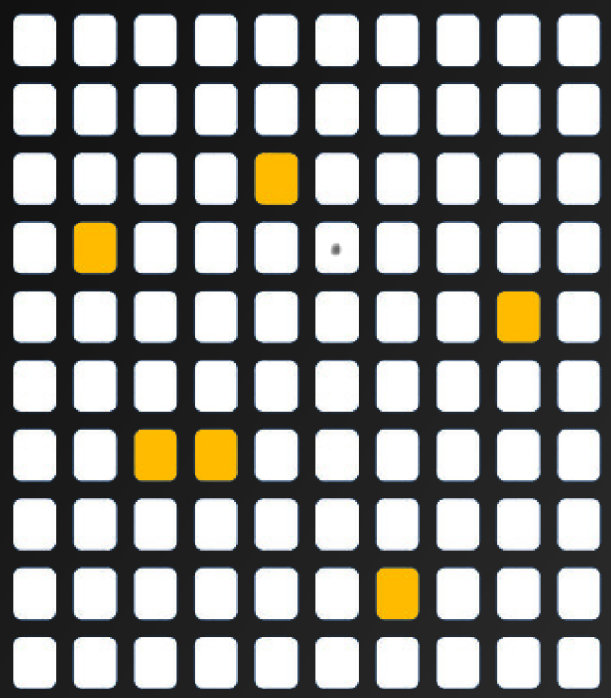
Quantity vs Quality

The best work comes from focusing on quantity



VS

Create
100 photos

Create
1 *perfect* photo

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Habit Stacking

Build a sequence of good habits

After I [*current habit*] **I will** [*new habit*].

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Habit Stacking

Habits build on top of each other

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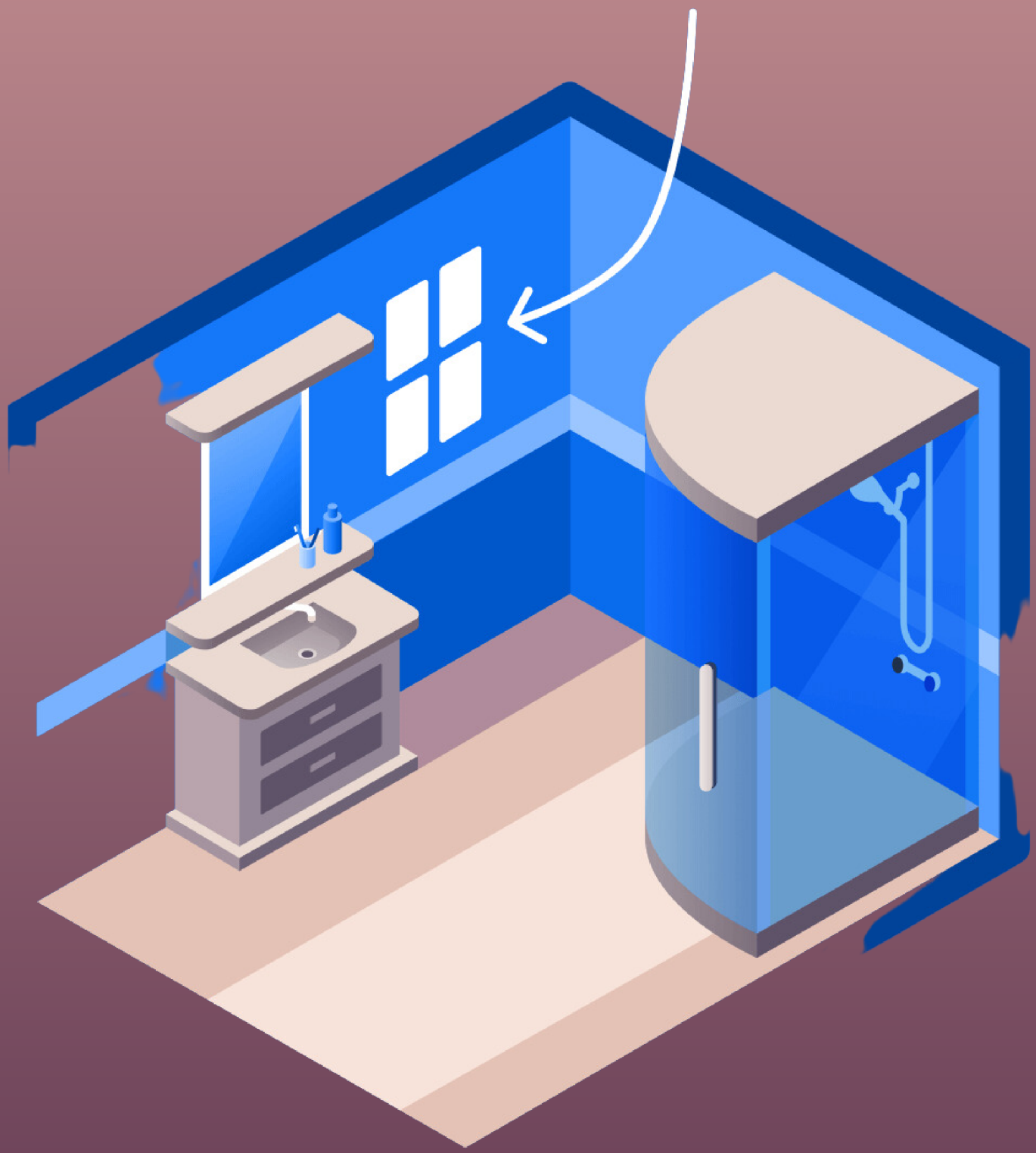
Making it Obvious

Where I put my monthly habit sheets



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Thanks

Do you have any questions?

Utkarsh Jaiswal

SHARE YOUR THOUGHTS

SAVE FOR LATER

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