

# HOW TO BUILD BETTER HABITS

@MARCINEVIN



**Pick only one habit to start**



**Start with one that feels doable**



**Set your environment up for success**



**Remove the barriers around doing it**



**Do it despite the mental resistance**



**Acknowledge yourself for doing it**



**Notice the positive changes happening**



**Have a gameplan for when you slip up**



**Practice until it's easy, then pick a new habit**

# Personal Habits

**Michal Rosen-Zvi**



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