

HOW TO CHANGE A HABIT



find THE TRIGGER



find THE REWARD



change THE ACTION

When you feel the urge to do the habit...

What were you just doing?

What are you feeling?

Who are you with?

What time is it?

Where are you?

When you do the action what are you craving?

Test it!

Replace what you think is the reward with something neutral



Neutral Replacement

If the craving is gone, you've found the reward
If the craving is not gone, keep experimenting

Think of a new action that can be started by the same trigger and from which you can get the same reward.



And a few last pointers...

Do **NOT** set a precedent.

Truly **BELIEVE** that you can do it.

Change Of Habit

Shasha Hu



Change Of Habit:

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Table of Contents Change Of Habit

1. Understanding the eBook Change Of Habit
 - The Rise of Digital Reading Change Of Habit
 - Advantages of eBooks Over Traditional Books
2. Identifying Change Of Habit
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Change Of Habit
 - User-Friendly Interface
4. Exploring eBook Recommendations from Change Of Habit
 - Personalized Recommendations
 - Change Of Habit User Reviews and Ratings
 - Change Of Habit and Bestseller Lists
5. Accessing Change Of Habit Free and Paid eBooks
 - Change Of Habit Public Domain eBooks
 - Change Of Habit eBook Subscription Services
 - Change Of Habit Budget-Friendly Options

6. Navigating Change Of Habit eBook Formats
 - ePub, PDF, MOBI, and More
 - Change Of Habit Compatibility with Devices
 - Change Of Habit Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Change Of Habit
 - Highlighting and Note-Taking Change Of Habit
 - Interactive Elements Change Of Habit
8. Staying Engaged with Change Of Habit
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Change Of Habit
9. Balancing eBooks and Physical Books Change Of Habit
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Change Of Habit
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Change Of Habit
 - Setting Reading Goals Change Of Habit
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Change Of Habit
 - Fact-Checking eBook Content of Change Of Habit
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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