

## Habits

### Description

Habits- create or stop

Mark on calendar- intention & action

Make cues more frequent or less

Remove temptation- surround with people same goal, change group & environment

Make more/less desirable by linking reward/penalty

Make easier/harder to do like commit 2 minutes or one action or require an hour

establish 1st, improve after

Atomic habits by James Clear

### Category

1. Uncategorized

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