HOW TO BUILD A NEW HABIT

1. Start with an incredibly small habit.
2. Increase your habit in very small ways.
3. When you slip, get back on track quickly.
4. Be patient. Stick to a pace you can sustain.

“Success is a few simple disciplines, practiced every day; while failure is simply a few errors in judgment, repeated every day.”

Jim Rohn

“Make it so easy you can’t say no.”

Leo Babauta

“The best way to improve your self-control is to see how and why you lose control.”

Kelly McGonigal