

Truth 1 - Environment is Important

Habit Hack #1 :

When you want to stop constantly checking social media while you're studying - Leave your phone in another room for a number of hours.

Habit Hack #2:

If you're eating too much junk food - shop at a store that has healthier selections

Truth 2- Procrastination is not Preparation

Habit Hack #3:

When your house is a mess and you are procrastinating by typing up a list which rooms to do - Stop typing and take one room or even one drawer to clean

Habit Hack #4:

If you have three projects due and you find yourself procrastinating by making a color coded schedule. Stop scheduling and work on the project for a few hours.

Truth 3 -NLP “Six Steps” is fantastic for breaking bad habits

Habit Hack #5:

Understand **why** you have that habit and what you can do instead - and that's half the battle

Using NLP and understanding how habits are wired into our brains, we can turn bad habits into good practices. A guide or mentor can work with you to facilitate the process

BONUS!

to do:

notes:

note to self:

you can totally do it