

# How to Build Good Habits

1

## Make it Obvious



- ✗ I'll Study
- ✓ I'll Study at 6PM in the study room

2

## Make it Attractive



Eat your Favorite Snacks when you are studying  
Make it a group activity.

3

## Make it Easy



**2 minute Rule:** Do only the first two minute of activity  
Organize your books and notes only

4

## Make it Satisfying



Reward Yourself after the activity so it leaved a good memory  
in your brain : Have a Sweet after you've studied

# Changing Habits

**JA Banks**



## **Changing Habits:**

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