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Transforming a habit isn't necessarily easy or quick. It isn't always simple. But it is possible. And now we understand how. With this newfound information, you



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...

Increase the amount of physical or mental energy required (leave the cell phone in another room, ban smoking inside or near a building). Hide any cues

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(put the video game controller on a high shelf). Delay it (read email only after 11:00 a.m.). Engage in an incompatible activity (to avoid snacking, do a puzzle).

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behaviors even before you start. As I've written about before, the power of visualization is so important, it's proven to change behaviors:

8 Ways to Change Your Habits

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(And Actually Get What You

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and your countertop. Want to watch less television?

Remove your large screen from your living room or bedroom. Want to play fewer video games? Remove your console. Want to waste less time on your phone?

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Change Your Visuals. Change Your Habits.

Marc Reklau is a Consultant, Speaker, and author of 7 books including the #1 Amazon Bestseller "30 Days - Change your habits, change

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Tom Corley", which since April 2015 has been sold and downloaded over 170,000 times and has been translated into Spanish, German, Japanese, Thai, Indonesian, Chinese, Portuguese and Korean.

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The Seven Little Habits That Can Change Your Life OK, so now you know how to form a

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Habit — and remember, only do them one at a time — but you want to know the seven little habits. Here they are, in my order of preference (but yours may be different): 1. Develop positive thinking. I put

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Tom Corley because I think it's the keystone habit ...

7 Little Habits That Can Change Your Life, and How to Form ...

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