



Mini Habits: Smaller Habits, Bigger Results

Stephen Guise

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Lasting Change For Early Quitters, Burnouts, The Unmotivated, And Everyone Else Too

When I decided to start exercising consistently 10 years ago, this is what actually happened:

- I tried "getting motivated." It worked sometimes.
- I tried setting audacious big goals. I almost always failed them.
- I tried to make changes last. They didn't.

Like most people who try to change and fail, I assumed that I was the problem.

Then one afternoon--after another failed attempt to get motivated to exercise--I (accidentally) started my first mini habit. I initially committed to do one push-up, and it turned into a full workout. I was shocked. This "stupid idea" wasn't supposed to work. I was shocked again when my success with this strategy continued for months (and to this day).

I had to consider that maybe I wasn't the problem in those 10 years of mediocre results. Maybe it was my prior strategies that were ineffective, despite being oft-repeated as "the way to change" in countless books and blogs.

My suspicions were correct.

Is There A Scientific Explanation For This?

As I sought understanding, I found a plethora of scientific studies that had answers, with nobody to interpret them correctly. Based on the science--which you'll find peppered throughout Mini Habits--we've been doing it all wrong.

You can succeed without the guilt, intimidation, and repeated failure associated with such strategies as "getting motivated," New Year's Resolutions, or even "just doing it." In fact, you need to stop using those strategies if they aren't giving you great results.

Most popular strategies don't work well because they require you to fight against your subconscious brain (a fight not easily won). It's only when you start playing by your brain's rules and taking your human limitations seriously--as mini habits show you how to do--that you can achieve lasting change.

What's A Mini Habit?

A mini habit is a very small positive behavior that you force yourself to do every day; its "too small to fail" nature makes it weightless, deceptively powerful, and a superior habit-building strategy. You will have no choice but to believe in yourself when you're always moving forward.

The barrier to the first step is so low that even depressed or "stuck" people can find early success and begin to reverse their lives right away. And if you think one push-up a day is too small to matter, I've got one heck of a story for you!

Aim For The First Step

They say when you aim for the moon, you'll land among the stars. Well, that doesn't make sense, as the moon is closer than the stars. I digress.

The message is that you should aim very high and even if you fall short, you'll still get somewhere. I've found the opposite to be true in regards to productivity and healthy behaviors. When you aim for the moon, you won't do anything because it's too far away. But when you aim for the step in front of you, you might keep going and reach the moon.

I've used the Mini Habits strategy to get into the best shape of my life, read 10x more books, and write 4x as many words. It started from requiring one push-up from myself every day. How ridiculous is that? Not so ridiculous when you consider the science of the brain, habits, and willpower.

The Mini Habits system works because it's how our brains are designed to change.

Note: This book isn't for eliminating bad habits (some principles could be useful for breaking habits). Mini Habits is a strategy to create permanent healthy habits in: exercise, writing, reading, thinking positively, meditating, drinking water, eating healthy foods, etc.

Lasting change won't happen until you take that first step into a strategy that works. Give Mini Habits a try. You won't look back.

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Martin Williams:

People live in this new time of lifestyle always try to and must have the free time or they will get wide range of stress from both daily life and work. So , when we ask do people have spare time, we will say absolutely indeed. People is human not really a huge robot. Then we question again, what kind of activity are you experiencing when the spare time coming to an individual of course your answer will certainly unlimited right. Then ever try this one, reading publications. It can be your alternative in spending your spare time, the book you have read will be Mini Habits: Smaller Habits, Bigger Results.

George Jamison:

Reading can called imagination hangout, why? Because if you find yourself reading a book mainly book entitled Mini Habits: Smaller Habits, Bigger Results your brain will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging every single word written in a reserve then become one contact form conclusion and explanation that maybe you never get previous to. The Mini Habits: Smaller Habits, Bigger Results giving you another experience more than blown away your mind but also giving you useful information for your better life in this particular era. So now let us teach you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished reading through it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

Ivan Dinkel:

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starter.

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