



How To Design A Habit

Overview:

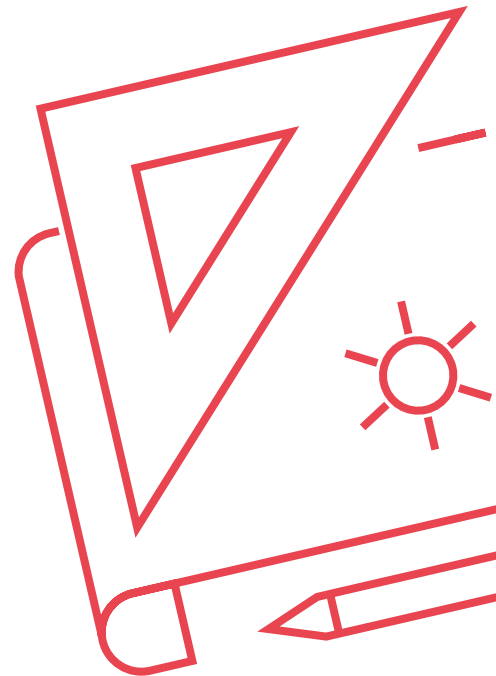
Around 40% of what we do each day is a habit. So why do we find it so hard to start new ones and then make them last?

In this fun interactive presentation, I show you the answers, and guide you through some simple practical steps to create, develop, and maintain that new habit into your life.

Duration: 45 Minutes

Session Content:

- Why new habits don't last
- The Habit Loop
- Fancy a coffee?
- Making any new habit stick
- Tiny steps to success
- What's your trigger?
- Just put on your trainers!
- The benefits of being on autopilot



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