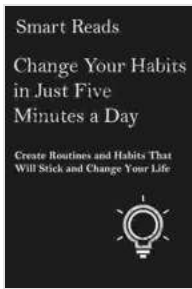


Create Routines And Habits That Will Stick And Change Your Life





Change Your Habits in Just Five Minutes a Day: Create Routines and Habits That Will Stick and Change Your Life

by Tasneem Bhatia

★★★★☆ 4 out of 5

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Are you tired of failing to stick to your New Year's resolutions? Do you want to finally create routines and habits that will last? This article will teach you how to create a personalized plan that will help you achieve your goals and change your life.

Why is it so hard to stick to routines and habits?

There are a number of reasons why it can be so hard to stick to routines and habits. Some of the most common reasons include:

- **Lack of motivation.** It can be hard to stay motivated to do something when you don't see immediate results. This is especially true if the habit is something that you don't enjoy ng.
- **Lack of planning.** If you don't have a clear plan for how you're going to achieve your goal, it's easy to get discouraged and give up.

- **Lack of support.** It can be hard to stick to a new habit if you don't have the support of friends and family.

How to create routines and habits that will stick

If you want to create routines and habits that will stick, it's important to follow these steps:

1. **Start small.** Don't try to change everything all at once. Start by setting a small goal for yourself, such as waking up 15 minutes earlier each day.
2. **Make it a habit.** Once you've set a goal, make it a habit by doing it regularly. The more you do something, the easier it will become.
3. **Set yourself up for success.** Make sure that you have the resources and support that you need to succeed. This may include things like setting up a reminder system or finding a workout buddy.
4. **Be patient.** It takes time to create new habits. Don't get discouraged if you slip up. Just pick yourself up and keep going.

How routines and habits can change your life

Routines and habits can have a profound impact on your life. They can help you to:

- **Be more productive.** When you have a set routine, you're less likely to waste time and procrastinate.
- **Be healthier.** Regular exercise and healthy eating habits can help you to improve your overall health and well-being.

- **Be happier.** When you have a sense of purpose and direction, you're more likely to be happy and fulfilled.

Creating routines and habits that will stick takes time and effort, but it is well worth it. When you create a personalized plan and follow the steps above, you can achieve your goals and change your life.



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