



NeuroWellness Academy

Habits- check some science based resources to improve habits

Useful for serial procrastinators who can never get things done.

Anyone whose bad habits interfere with their aims, or people who've lost confidence in their ability to change.

1. Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones

by James Clear

<https://jamesclear.com/books>

<https://jamesclear.com/atomic-habits/resources>

- . Use temptation bundling. Pair an action you want to do with an action you need to do.
- . Create a motivation ritual. Do something you enjoy immediately before a difficult habit.

2. How to Change by Katy Milkman

<https://www.katymilkman.com/book>