



SIMPLE HABITS OF GREATNESS

DAILY PRACTICES THAT WILL TRANSFORM YOUR LIFE

© Copyright - All rights reserved.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly. Respective authors own all copyrights not held by the publisher.

Legal Notice:

This book is copyright protected. This is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part or the content within this book without the consent of the author or copyright owner. Legal action will be pursued if this is breached.

Disclaimer Notice:

Please note the information contained within this document is for educational and entertainment purposes only. Every attempt has been made to provide accurate, up to date and reliable complete information. No warranties of any kind are expressed or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice.

By reading this document, the reader agrees that under no circumstances are we responsible for any losses, direct or indirect, which are incurred as a result of the use of information contained within this document, including, but not limited to, —errors, omissions, or inaccuracies.

TABLE OF CONTENTS

Introduction.....	5
Chapter 1: Habits - Meaning, Characteristics, and Role.....	7
What Exactly is a Habit?.....	7
Characteristics of Habit.....	8
Why Habits Are Key to Our Health.....	9
Why you Must Develop Good Habits.....	11
Chapter 2: Habit Formation.....	15
How We Form Habits.....	15
Basis of Habit Formation.....	16
What are Examples of Habits?.....	17
Why do Humans Have Habits?.....	18
Why are Habits so Hard to Break?.....	19
Measures for Effective Habit Formation.....	19
Chapter 3: Types of Habits.....	22
1. Habits of Character.....	22
2. Intellectual Habits.....	22
3. Motor Habits.....	23
Conscious Habits and Hidden Habits.....	23
How to Identify Your Hidden Habits.....	24
Chapter 4: Breaking Bad Habits and Breaking down the Habit Loop	28
The 3 Parts of the Loop.....	29
Examples of the Habit Loop in Action.....	32
How to Break the Loop.....	37
More Tips to Break Habit.....	39

Chapter 5: Habits, Health, and Success.....	45
10 Habits of Successful People.....	45
10 Habits of Super-Healthy People.....	48
Chapter 6: Powerful Daily Routine for a Healthier Life.....	54
Habit vs Routine — Key Difference.....	54
How a Daily Routine Changes Your Life.....	55
Daily Routine for Good Health and More Energy.....	55
Daily Routine for an Organized Life.....	58
Daily Routine for a Stronger Relationship.....	62
Sticking to Your Routine.....	63
Chapter 7: 20 Best Habits to Have in Life.....	66
Chapter 8: Destructive Habits.....	71
10 Bad Habits That Could Be Destroying Your Happiness.....	71
8 Unhealthy Habits You Need to Break Now.....	73
Conclusion.....	76