

6 six simple rules

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Select a segment of your life
you want to improve.



Remember: Life is long, meaning we have time. If we try to make a million changes all at once, we often end up so overwhelmed that we make none. Instead, if we slow down to make the changes, and then stop to celebrate the progress, we'll accomplish much more.

Instructions: Select a rule --> Find 3 activities to perform everyday to improve --> Repeat these activities for 21 days to form new habits.

- 1. Be Happy
- 2. Be Nice
- 3. Be Organized
- 4. Be a Leader
- 5. Be a Lifelong Learner
- 6. Be Healthy

Ready? Now select 3 activities you'll do
every single day to improve upon this segment.



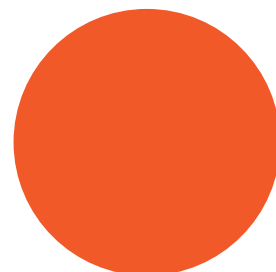
- 1. TIME -
- 2. TIME -
- 3.. TIME -



When an activity is repeated for 21 days, it is more likely to convert itself into a habit. Follow your three activities for 21 days and note down your progress.

DAYS	<input checked="" type="checkbox"/>	REMARKS
1.	<input type="checkbox"/>	
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DAYS	<input checked="" type="checkbox"/>	REMARKS
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Celebrate Your New Transformation!

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