

## Articles - concept of habits

- <https://resultize.com/2016/06/16/better-habits-better-you/>
- <https://www.theodysseyonline.com/what-dont-break-the-chain-and-why-you-should>
- [https://www.artofmanliness.com/articles/how-to-create-habits-that-stick-giveaway/ !!](https://www.artofmanliness.com/articles/how-to-create-habits-that-stick-giveaway/!!)
- [https://zapier.com/blog/change-bad-work-habits/?utm\\_campaign=Release%20Notes%20May%202016&utm\\_medium=email&utm\\_source=monthly-email](https://zapier.com/blog/change-bad-work-habits/?utm_campaign=Release%20Notes%20May%202016&utm_medium=email&utm_source=monthly-email)
- <https://www.psychologytoday.com/us/blog/renaissance-woman/201607/how-change-unhealthy-habits>
- <https://jamesclear.com/three-steps-habit-change>
- <https://www.inc.com/melody-wilding/psychology-says-this-is-how-you-change-a-bad-habit-for-good.html>

## Articles - examples of habits

- Intelligence - <https://byrslf.co/24-daily-habits-that-will-boost-your-intelligence-a3bb96563a6c>
- Intelligence - [https://hbr.org/2018/01/4-habits-of-people-who-are-always-learning-new-skills?utm\\_campaign=hbr&utm\\_source=twitter&utm\\_medium=social](https://hbr.org/2018/01/4-habits-of-people-who-are-always-learning-new-skills?utm_campaign=hbr&utm_source=twitter&utm_medium=social)
- Intelligence - <https://byrslf.co/7-simple-daily-habits-to-sharpen-your-intelligence-bee823d26556>
- Reading - [https://qz.com/668514/if-you-want-to-be-like-warren-buffett-and-bill-gates-adopt-their-voracious-reading-habits/?utm\\_source=pocket&utm\\_medium=email&utm\\_campaign=pockethits](https://qz.com/668514/if-you-want-to-be-like-warren-buffett-and-bill-gates-adopt-their-voracious-reading-habits/?utm_source=pocket&utm_medium=email&utm_campaign=pockethits)
- Exercising - <https://medium.com/the-mission/exercise-habits-of-ultra-successful-people-ca8c817c7cbe>
- Exercising - <https://byrslf.co/from-zero-to-45-days-in-a-row-how-i-built-a-habit-of-daily-exercise-936090d1e74c#.18eadutes>
- Focus - [https://www.artofmanliness.com/articles/break-smartphone-habit/?utm\\_source=pocket&utm\\_medium=email&utm\\_campaign=pockethits](https://www.artofmanliness.com/articles/break-smartphone-habit/?utm_source=pocket&utm_medium=email&utm_campaign=pockethits)

## Videos

- <https://www.youtube.com/watch?v=OMbsGBlpP30>
- [https://www.ted.com/talks/judson\\_brewer\\_a\\_simple\\_way\\_to\\_break\\_a\\_bad\\_habit](https://www.ted.com/talks/judson_brewer_a_simple_way_to_break_a_bad_habit)
- [https://www.youtube.com/watch?v=rBwQZv3\\_OXE](https://www.youtube.com/watch?v=rBwQZv3_OXE)
- <https://youtu.be/mNeXuCYiE0U>
- <https://youtu.be/f0K63eqDCQs>
- [https://youtu.be/rf\\_IN64VV7w](https://youtu.be/rf_IN64VV7w)

## Books

- <https://www.goodreads.com/book/show/12609433-the-power-of-habit>
- <https://www.youtube.com/watch?v=szgoDIkimNU>

- <https://www.goodreads.com/book/show/15799151-daily-rituals>
- <https://mymorningroutine.com/>
- [https://www.amazon.com/Habit-Stacking-Small-Changes-Minutes-ebook/dp/B00JQHB67O?ie=UTF8&\\*Version\\*=1&\\*entries\\*=0](https://www.amazon.com/Habit-Stacking-Small-Changes-Minutes-ebook/dp/B00JQHB67O?ie=UTF8&*Version*=1&*entries*=0)

## Sources

- <https://jamesclear.com/>
- <http://tinyhabits.com/>
- <https://www.theodysseyonline.com/what-dont-break-the-chain-and-why-you-should>
- <http://productiveapp.io/>