

# The 5 steps to making new habits



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# Introduction

- Habits can be very powerful . They can help you learn new things . A new habit can keep your healthy . But starting a new habit can be difficult . Changing bad habit can be even more difficult .

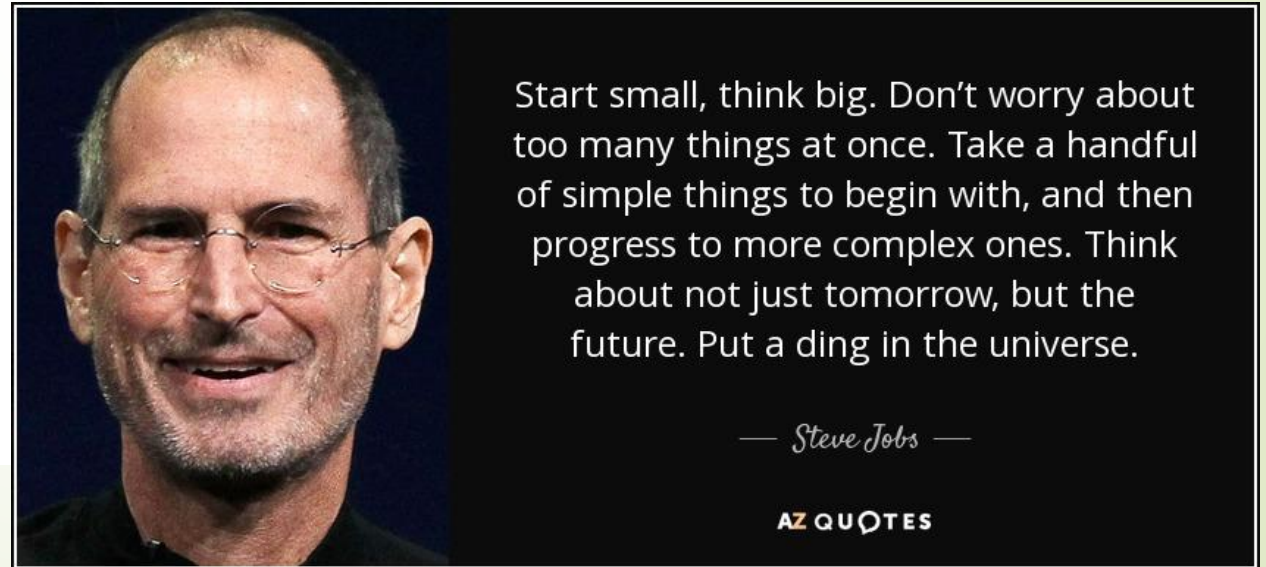
# 5 steps for set up new habit

- **1-The first step to making a new habit is set a goal**



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- 2-The next step to making a new habit is to start small .



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- ➔ **3-The third step to making a new habit is to repeat it often .**



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- ▶ 4-The next step to make a new habit is to make it fun .



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- 5-Finally , your new habit should be part of your routine .



# Mahatma Gandhi was an Indian peace activist and spiritual leader



Carefully watch your **thoughts** , for they become **your words** .

Manage your **words** ,for they have become your **behavior**.

Consider and judge your **behavior** ,for they have your **habits** .

Recognize and watch your **habits** ,for they will become **your**

**value** . Understand **your value** , for they become **your future**