Build Your First Habit Molecule

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Build a small sequence of related actions around an existing daily anchor.

What this guide covers

- Select an anchor and a few manageable tasks.
- Arrange the sequence and add a reward.
- Observe friction and refine the routine.

Who this is for

For readers experimenting with a more consistent daily routine.

Putting the ideas to use

Start with a short sequence and adjust it based on your experience.

Book details

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