

# Successful Habits for Home-Based Businesses

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Old: Motivation → Action

New: Habit → Action

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Personal Habit Recipe =  
Real Freedom

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Plan/Structure > Willpower

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Consistency > Bursts

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Cue  
Routine  
Reward

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Which habits matter?

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#1: Define your workday  
and your workspace.

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#2: Set priorities for  
each day.

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#3: Review your key metrics  
each week.

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#4: Establish accountability partners.

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#5: Nourish your mind.

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#6: Take care of your  
health.

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