



Small Habits Big Changes: Discover How to Transform Your Life In Less Than 5 Minutes a Day With This Simple Practical Guide

Krishan Kumar

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How many times have you decided that you were going to make a big change and turn your life around? It could be taking on a new language, deciding to get fit, or developing a skill or talent. How many of these times have you actually pushed through the momentum crash and pulled through successfully? Motivation can inspire you to do big things, but motivation is fleeting. Depending on your emotions, it comes and goes. Motivation, on its own, is not enough.

While motivation can get you started on a long journey ahead, it is willpower that keeps you moving towards your goal. Unlike motivation, willpower can be scheduled. Unlike motivation, willpower can be harnessed without the need for emotional alignment. Willpower tells you to “just do it.”

Let me show you how small habits can build willpower and a strong foundation for the development of bigger goals and bigger results!

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