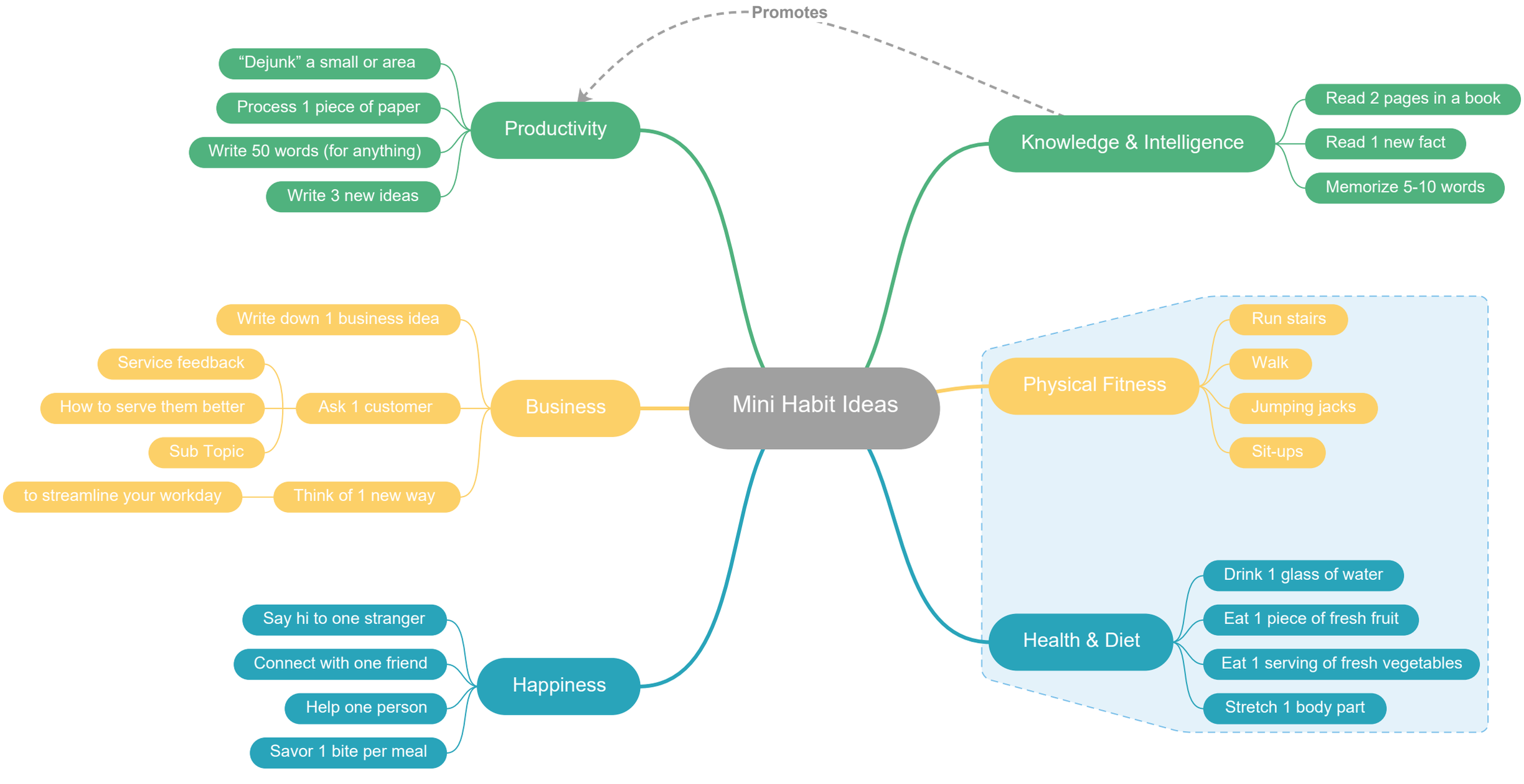
Promotes
Mini Habit Ideas
Productivity
"Dejunk" a small or area
Process 1 piece of paper
Write 50 words (for anything)
Write 3 new ideas
Knowledge & Intelligence
Read 2 pages in a book
Read 1 new fact
Memorize 5-10 words
Business
Write down 1 business idea
Ask 1 customer
Service feedback
How to serve them better
Sub Topic
Think of 1 new way
to streamline your workday
Physical Fitness
Run stairs
Walk
Jumping jacks
Sit-ups
Health & Diet
Drink 1 glass of water
Eat 1 piece of fresh fruit
Eat 1 serving of fresh vegetables
Stretch 1 body part
Happiness
Say hi to one stranger
Connect with one friend
Help one person
Savor 1 bite per meal