THE HABIT FIX TRACKER

5 habits that keep people stuck, a fix for each, and a tracker.

One well known creator says instead of trying to get rich, try not to be broke, and lists habits that keep people stuck: starting many projects and finishing none, thinking understanding the basics is the same as doing them, making promises and breaking them, being easily distracted, and expecting things to be easy. The habits are his. The fix for each one and the tracker pages are my own addition, and results vary.

THE 5 HABITS

1. Starting many projects and finishing none. Fix it by picking one project and finishing it first.
2. Thinking you know the basics so you can skip them. Understanding is not doing, so do the basics every day.
3. Making promises and breaking them, especially to yourself. Fix it with smaller promises you can keep.
4. Getting distracted easily. Fix it by blocking one hour with your phone in another room.
5. Expecting things to be easy. Fix it by planning for everything to take longer than you want.

THE 5 HABITS AND FIXES

Habit	My fix
Many projects, none finished	Pick one and finish it first
Skipping the basics	Do the basics every day
Breaking promises	Make smaller promises I can keep
Easily distracted	One hour with my phone away
Expecting easy	Plan for it to take longer

MY HABIT PICK

- Which one sounds most like me?
- What is my fix this week?
- When will I do it each day?
- Who can check on me?

WEEKLY REVIEW

Week	Days I kept the fix	What I learned
Week 1		
Week 2		
Week 3		
Week 4		

Educational only. One creator's list plus my own fixes. No results promised.

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