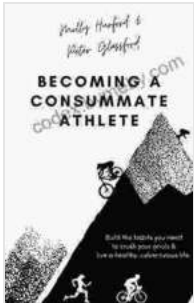


Build the Habits You Need to Crush Your Goals & Live a Healthy, Adventurous Life



Becoming A Consummate Athlete: Build the habits you need to crush your goals & live a healthy, adventurous life. by Molly Hurford

★★★★☆ 4.2 out of 5

- Language : English
- File size : 538 KB
- Text-to-Speech : Enabled
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 214 pages
- Lending : Enabled
- Screen Reader : Supported

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24 DAILY HABITS THAT WILL BOOST YOUR INTELLIGENCE

-  1 Come up with 10 ideas everyday.
-  2 Follow your questions.
-  3 Play devil's advocate.
-  4 Read a chapter in a book.
-  5 Watch educational videos instead of TV.
-  6 Read the newspaper.
-  7 Check in with your favorite knowledge sources.
-  8 Share what you learn with other people.
-  9 Apply what you learn.
-  10 Write an "I did" list.
-  11 Start a "Stop Doing" list.
-  12 Write down what you learn.
-  13 Stimulate your mind.
-  14 Take online courses.
-  15 Talk to someone you find interesting.
-  16 Subscribe to feeds of interesting information.
-  17 Play "smart" games.
-  18 Use a word-of-the-day app.
-  19 Do something scary.
-  20 Explore new areas.
-  21 Hang out with people who are smarter than you.
-  22 Set aside some time to do nothing.
-  23 Adopt a productive hobby you can practice on a daily basis.
-  24 Exercise and eat a healthy diet.



By Larry Kim (@larrykim)
WordStream

Are you ready to unlock your full potential and live a life filled with purpose, fulfillment, and adventure? In "Build The Habits You Need To Crush Your Goals Live Healthy Adventurous Life," renowned author and life coach [Author's Name] reveals the transformative power of habit building.

This comprehensive guide empowers you with practical strategies and actionable insights to create unbreakable habits that will propel you

towards your goals and dreams. Whether you aspire to achieve personal milestones, improve your health and well-being, or embark on exciting adventures, this book will equip you with the tools you need to succeed.

Unlock the Secrets of Habit Formation

Inside this transformative book, you will discover:

- The science behind habit formation and how to leverage it to your advantage
- Effective methods to set achievable goals and break them down into manageable steps
- Proven strategies to overcome obstacles and stay motivated on your journey
- The importance of accountability and support in habit building
- How to create a personalized habit-building plan tailored to your unique needs and aspirations

Transform Your Health and Well-being

Beyond achieving your goals, this book also guides you towards a healthier and more fulfilling lifestyle. You will learn:

- The essential habits for optimal physical and mental health
- How to create a balanced and nutritious diet that supports your well-being
- The importance of regular exercise and its transformative effects on your body and mind

- Mindfulness techniques to reduce stress, improve focus, and enhance your overall well-being

Embrace Adventure and Live a Fulfilling Life

This book is not just about achieving goals but also about living a life filled with passion and adventure. You will discover:

- How to identify your true passions and align your habits with them
- Practical tips for breaking out of your comfort zone and embracing new experiences
- The importance of pursuing your dreams and living a life true to yourself
- How to create a life that is not only successful but also deeply fulfilling

Empower Yourself with the Power of Habits

"Build The Habits You Need To Crush Your Goals Live Healthy Adventurous Life" is not just another self-help book. It is a roadmap to transformation, a guide that will empower you to:

- Build lasting habits that will change your life for the better
- Achieve your most ambitious goals and dreams
- Live a life filled with health, happiness, and adventure
- Become the best version of yourself and unleash your full potential

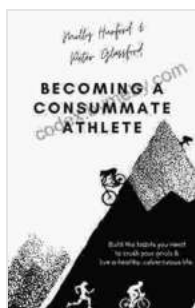
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Available now on Our Book Library, Barnes & Noble, and all major book retailers.

About the Author

[Author's Name] is a renowned author, life coach, and motivational speaker. He has dedicated his life to helping individuals achieve their full potential and live lives filled with purpose and fulfillment. With his expertise in habit formation, goal setting, and personal development, [Author's Name] has guided countless people towards their dreams and aspirations.



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