



# **Power of Mini Habits Box Set: Life-Changing and Highly Effective Morning Habits that Will Transform and Supercharge Your Day (Self-Organization Guide)**

*Keith Boyer*

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## **Power of Mini Habits Box Set (2 in 1)**

### **Book One: Morning Mini Habits: Amazing Routines to Transform and Supercharge Your Day**

Are you a morning person? Some people leap out of bed almost before they have heard their morning alarm clock, others press snooze so often they have worn a groove in the button. What you do in the morning can set your tone for the entire day. This is where you can change your life by changing your morning habits. Bizarrely changing just a few things can have an impact that ripples through your day.

#### **Inside You Will Learn:**

- The theory behind morning habits;
- How to make morning habits work for you;
- How to combine mindfulness and morning habits;
- How to set yourself up for success;
- How to use morning habits for success in the workplace;
- How morning habits can change your personal life;
- How to use morning habits as a family;
- How to use morning habits to promote a better diet;
- How morning habits can make you fit;
- And much, much more.

Don't delay. Learn how small changes can have a big impact on your day. No matter what time you are reading this start with one small click and download this book today!

# **Book Two: Power of Mini Habits: Life-Changing and Highly Effective Habits that Will Transform Your Life**

Do you want to make changes in your life but can't find the motivation? Do you consistently set yourself goals which you cannot achieve and then get frustrated and demoralized when you fail? Do you know what you are doing wrong in your life but feel powerless to make meaningful changes?

This is where mini habits come into their own. It might sound crazy but making one tiny change in your life can have a far bigger effect than you could possibly ever imagine.

## **Inside You Will Learn:**

- The theory behind mini habits;
- How to make mini habits work for you;
- How to combine mindfulness and mini habits;
- How to set yourself up for success;
- How to use mini habits in the workplace;
- How mini habits can change your personal life;
- How to use mini habits as a family;
- How to use mini habits to promote a better diet;
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