

**IT'S NOT ABOUT DOING MORE,  
IT'S ABOUT DOING BETTER**

# CREATE THE HABITS THAT CREATE YOUR BEST LIFE

**Learn fun ways to add successful  
habits by:**

- **Finding a trigger**
- **Making the habit easier**
- **Linking habits together**

**Build habits in the areas  
that matter most:**

- **Belief in self**
- **Knowledge**
- **Integrity**
- **Self-Control**
- **Gratitude**
- **Charity**
- **Humility**

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# WE ALL HAVE SO MUCH TO DO!

**With everything there is to do, are we building habits do the right things to build character and life?**

Work, social life, personal health, family life, hobbies, social media...the list keeps growing!

Reported overall life satisfaction keeps going down. We are doing more and feeling worse.

It's time to focus on how to do better.

This presentation will share practical tips on how to focus on what is most important and the skills necessary to do the most important things every day.

