



Inspiration for deliberate, good habits

At 'Growing Habits' we want to help you deliberately build good habits. And to support you in the best way to start we are offering, for FREE:

- Our resources
- Digital SMS habits assistant
- Your first session

Find all our resources on our website here:
<http://growinghabits.online/index.php/resources/>

We believe that each one of us must live up to our potential, and stretch ourselves in playing our part in all relations and communities we are part of.

Think of Marcus Aurelius:

At dawn, when you have trouble getting out of bed, tell yourself: 'I have to go to work—as a human being. What do I have to complain of, if I'm going to do what I was born for— the things I was brought into the world to do? Or is this what I was created for? To huddle under the blankets and stay warm?'

It is part of nature for us to deliver on what we are capable of. Yet, our comfortable lifestyles are leading to doing less of what we 'can', and restraining us to do 'what we must'.

We have it backwards, because getting to work, getting dirty, failing, winning and overcoming are all part of life. Embrace it!

How to?

In order to realize your potential, deliberately building a good habit is a very good beginning.

Investing in yourself and at the same strengthen your self-discipline will play a major role in your achievements in the future.

Dive into our resources and find a habit that will boost your life.

Stick with it