

One Way To Coach Yourself

There are three types of ideas: An idea that confirms what you already believe. A familiar idea with a new habit to apply it. A new idea you have not considered.

What is the difference between these three types of ideas? Can you give an example of each?

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There are four types of habits: Habits that improve yourself. Habits in how you respond to others. Habits whose example affects others. Habits you undertake specifically to help others.

What is the difference between these four types of habits? Can you give an example of each?

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How can you apply this when coaching yourself?

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