

WHAT I LEARNED FROM A SIMPLE TOOTHBRUSH

- ▶ Habits can be **modified** over time to increase your chances of success.
- ▶ A sophisticated tool is not going to change your behavior. Real change is only possible through **repetitive action**.
- ▶ **Everything about habits is personal.** What works for others may not work for you.
- ▶ Run **small experiments** to change your routine. **Gradual change** is the best way to streamline your process.
- ▶ **Simplify** your tools and focus on **essential** action steps.
- ▶ Do something **long enough**, and **well enough**, and it'll become a lifelong **act of devotion**.
- ▶ A well-developed habit will **transform** other areas of **your life**, and ultimately change who you are.

