

## Helping Habits, Losing Laziness!

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***Hi everyone! Emily here.***

If you're reading this email, that means that you're like me – willing to improve, dedicated, but sometimes in need of a little nudge when it comes to getting ourselves together and on track to our dreams.

It's ok - happens to the best of us. One could say that it happens even more to the best of us!

We all know about bad habits, and the feeling of falling short of our goals again and again, despite our good intentions. I personally always find that the hardest goals to reach are those with little or no visible progress, leaving you demotivated in moments of weakness – which I have more than my fair share of.

So - after much frustration, further procrastination, and tearing just a little bit of my hair out, I finally decided that I would find a smart, all-purpose way to help build on positive habits.

What I came up with?

### ***The Habit Tracker!***

A rounded, versatile, but simple tool to add to your arsenal against laziness and unhealthy trends, the Habit Tracker uses visual representation and handy tricks to measure, reinforce, and simplify positive life habits. This includes anything from your career, chores, social life, or even just those daily tasks that we all struggle to remember.

Wish you had that wasted time back, had started that diet earlier, or remembered to complete those chores before the weekend? Set goals for different time periods, and track your progress across weeks, months, or even years!

Trying to crack down on a unique goal that is entirely specific to you? No problem! I've made the Habit Tracker fully customizable, so that you can have the strength that you need no matter what you're trying to achieve.

After I started using the Habit Tracker myself, the little things I had been nagging myself about for what felt like years suddenly weren't that hard to get done. It's more than just the sticky-note reminders on your fridge, too, with interactive tables that can even display the percentage of desired tasks or habits that you have worked towards on any given day, showing both your good days and your not-so-good days in a comprehensive way that allows you to either appreciate or find a solution respectively.

With the Habit Tracker, you'll be able to harness the power of clean, simple, yet intelligent planning to take your wellbeing and productivity to the next level. There's a healthy, organized person hiding inside all of us (yes, all of us), and the Habit Tracker could be all that you need to let them out, making those big steps seem not so intimidating after all.

So what are you waiting for? All of my dear subscribers (talking about you!) have access to the special offer code **OFFERCODE**, so make sure to make use of it while you can. Get started on that chore you need to keep up with or that job you need done by ticking the first box toward a happier you!

See you all soon, and happy habit-making!

- *Emily*