



# Habit Stacking For Cleaning And Organizing: How To Organize, Clean, And Keep Your Home Spotless

*BJ Knights*

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## **Habit Stacking For Cleaning And Organizing: How To Organize, Clean, And Keep Your Home Spotless** BJ Knights

We are all the sum total of our habits, thoughts and ideals. Whenever we wish to change anything about ourselves or our lives, then these are the things that we need to change. Doing so will bring us closer to the new goals, ideals, and successes that we have set out for ourselves. Unfortunately, although we know this, many persons get overwhelmed at the thought of making what they perceive as major changes and in the end fail miserably at reaching their goals. When this happens, frustration sets in and we want to throw in the towel. This need not be so however. This book will show you how to develop and stack healthy cleaning and organizing habits!

This book will cover:

Introduction To Habit Stacking

Changing Your Habits

Ten Habits To Improve Energy And Focus

The 7 Habits of Highly Effective Organizers

Getting Motivated To Clean

10 Small Everyday Cleaning Habits Change Your Life

How To Develop Habits To Improve Organizational Skills

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