One Minute Habits for Success

<https://www.linkedin.com/learning/one-minute-habits-for-success/introduction-one-minute-habits-for-success-course-overview?u=2212217>

Cornell Notes for One Minute Habits for Success (Course Outline)

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Title: Course: Extend

One Minute Habits for Success Name: Elizabeth Stanley

 Date: June 28, 2021

Questions/Key Ideas Notes

Workloads at work are increasing Scott Mautz – keynote speaker and entrepreneur

Increased efficiency required Increased stress

Course offers 1 minute habits Mindset, Skillset (improved communication), Reset (renew

Habits are to be selected each Success comes from habits that are simple repeatable

each morning and reviewed Improved self confidence

 Think challenge not threat

 Morning ritual – select habit to review

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Scott proposes one-minute habits for success. Each morning you select and review each habit. He claims that success comes from habits which are created through repeatable exercises. His follow-on courses outline each habit.