

## **Make success a routine with these one-minute habits you can start today** <sup>[1]</sup>

July 18, 2023 by [ES and UIS Communications](#) <sup>[2]</sup>

A lot of the time, our smallest actions can impact success, whether good or bad. In “[One Minute Habits for Success](#),” <sup>[3]</sup> by Scott Mautz, you will learn many actionable and simple habits that can support a success-driven mindset.

In this 40-minute course, you will learn about many habits you can start implementing in your daily life that will help you start to think with a success-driven mindset. These habits address self-confidence, focus, communication, stopping procrastination and many others.

Each habit is designed to make you think about it through mindset, skillset and reset. Each habit is a productive one to have, but you can choose which ones are the most important to you depending on your own situation.

Maybe procrastinating has really set you behind on a few projects. Maybe you have trouble with presenting. No matter the reason, there is a one-minute habit in this course that will help you address your challenges and become more successful.

[Learn now](#) <sup>[3]</sup>

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