

Productivity & Habits

Boost your productivity and master daily habits

A practical guide to productivity and habits, from fundamentals to advanced techniques. Learn with real examples and apply your knowledge from day one.

6 modules

What you'll learn

- ✓ Prioritize and focus on one thing
- ✓ Organize your life and rest well
- ✓ Build habits that stick and beat procrastination

Syllabus

1 Make it count

Prioritize One thing

2 Build habits

Habits that stick Beat procrastination

3 Organize your life

Your system Rest well

Who is it for?

Professionals and students looking to improve productivity and develop effective habits

Start today at capacita.paulovila.org

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