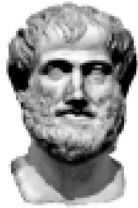


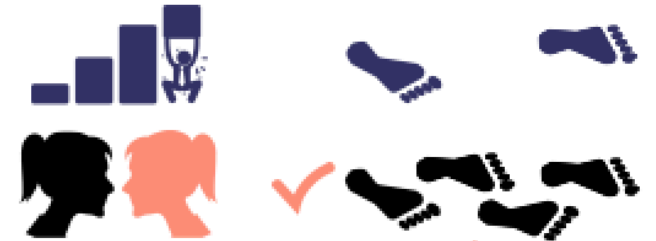
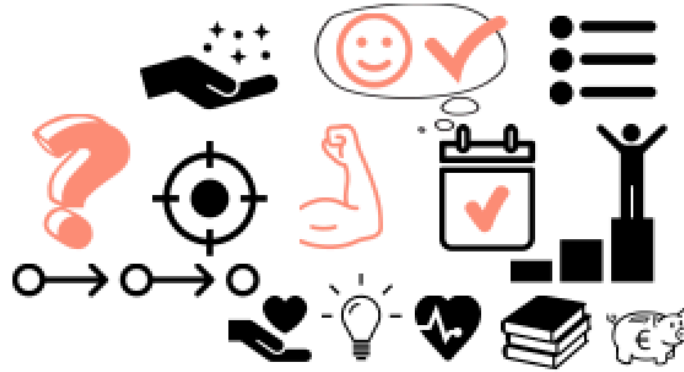
# AMÉLIORER SA ROUTINE QUOTIDIENNE

de H. Harding



l'excellence est une habitude

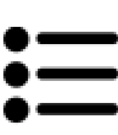
routine :



petites améliorations



habitudes



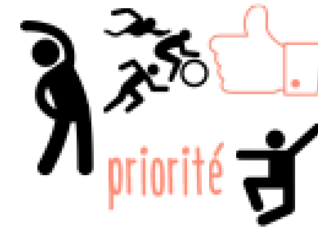
changements trop importants  
focus sur les résultats

petits increments



7/9 heures

efficacité



priorité



important