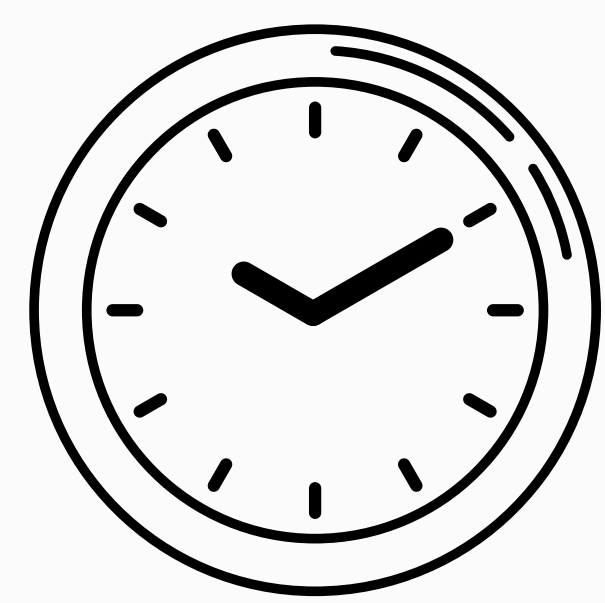


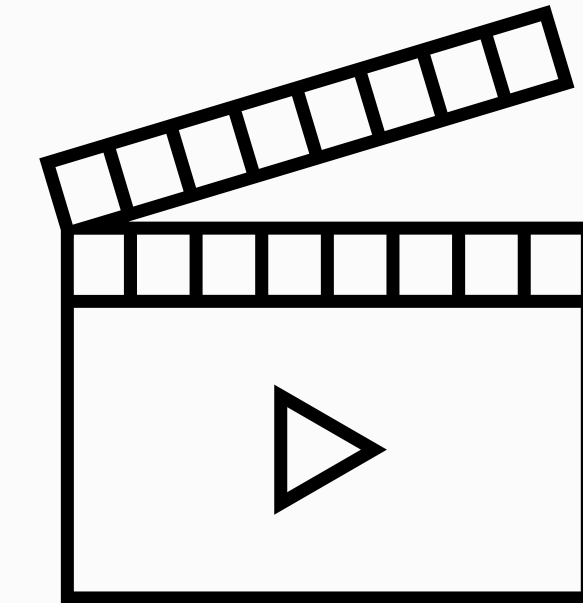
Choose your habit

1



Define trigger

2



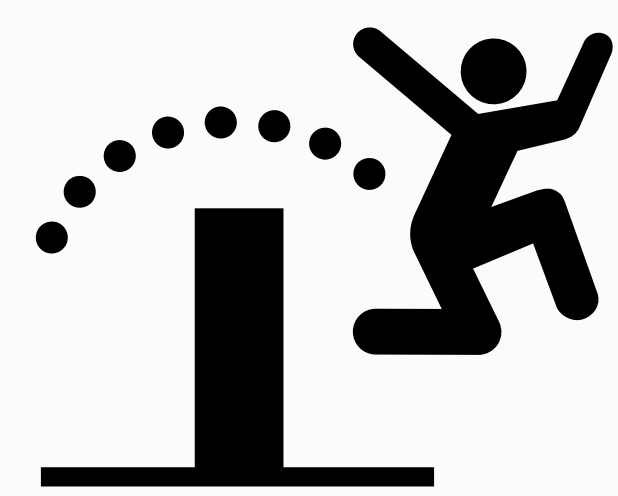
Define action

3



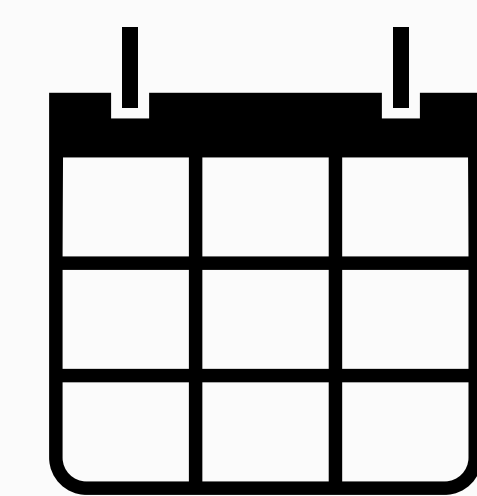
Be specific!

Start small!



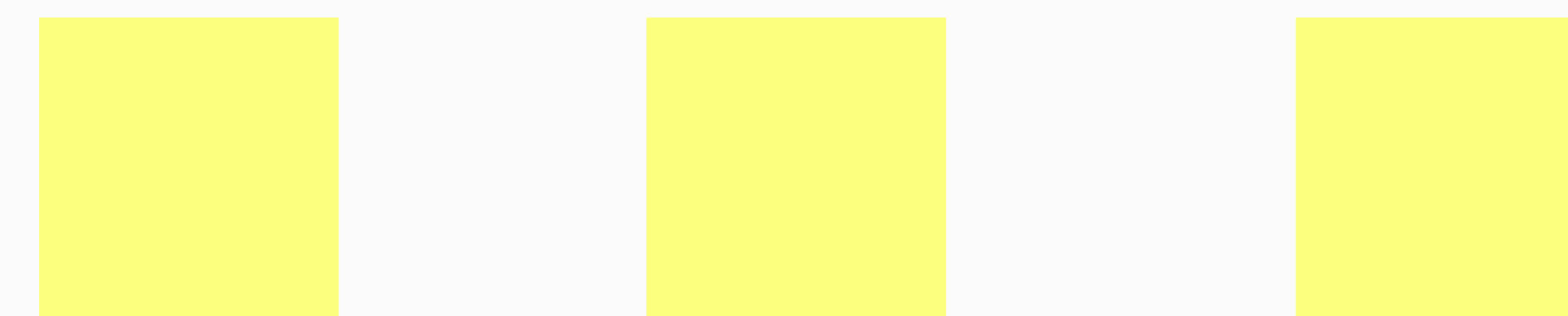
Remove/reduce obstacles

4



Create your habit tracker

5



Set yourself up for success!

You can do it!