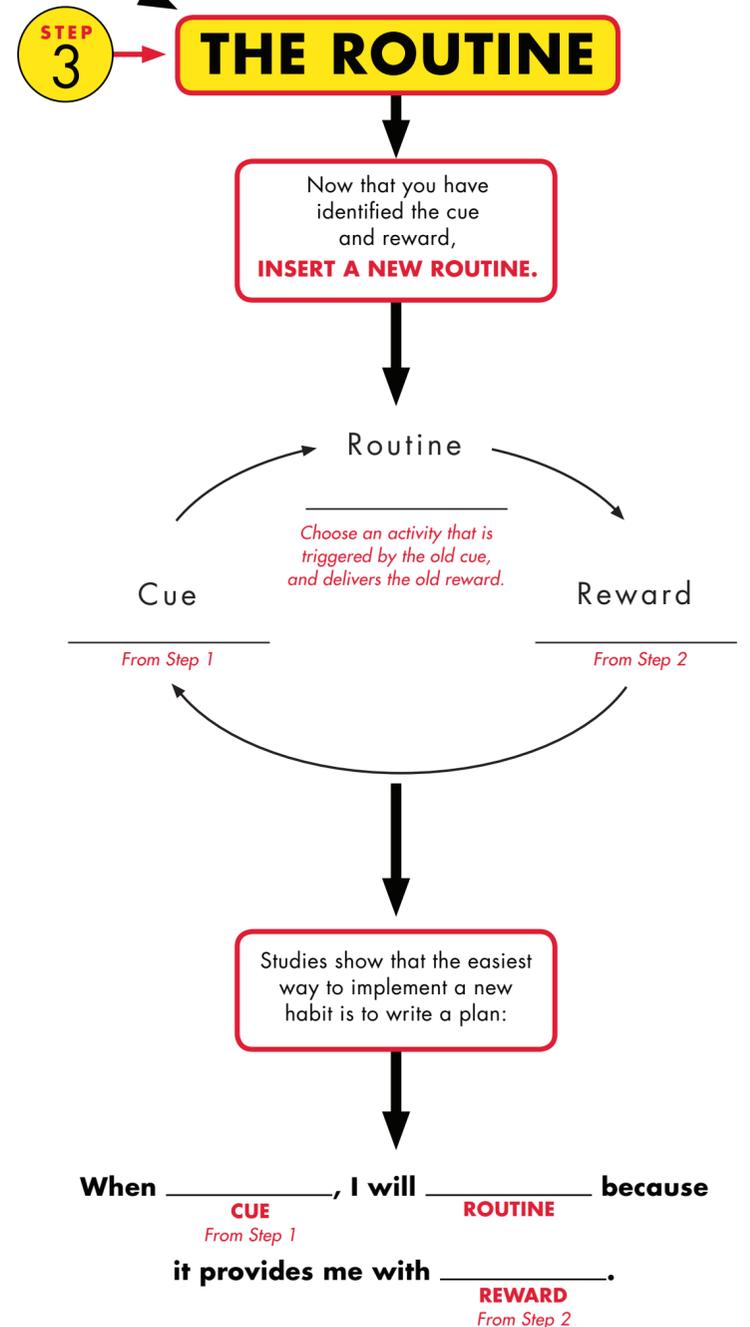
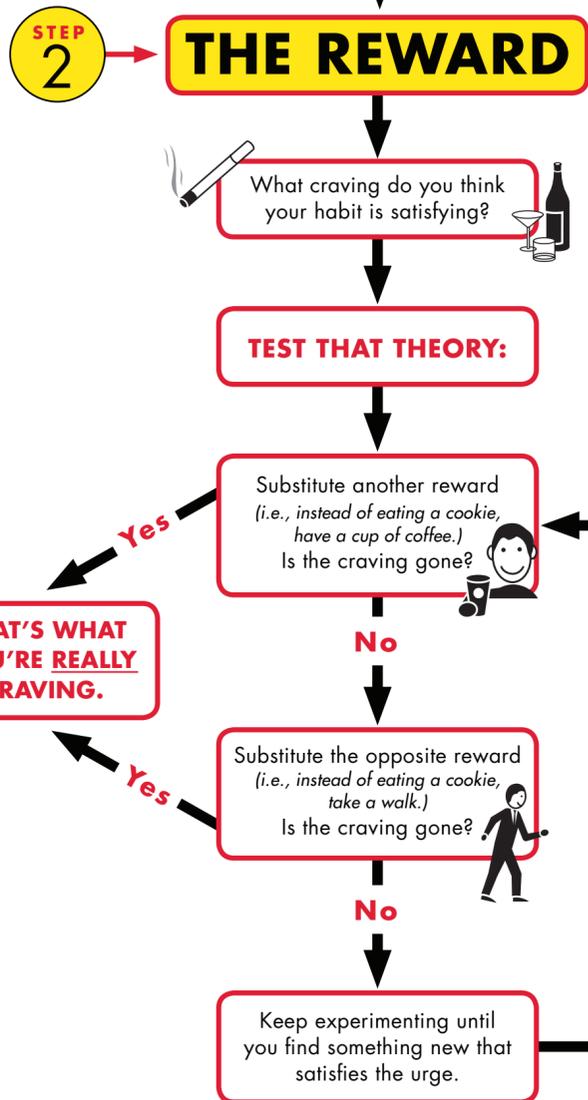
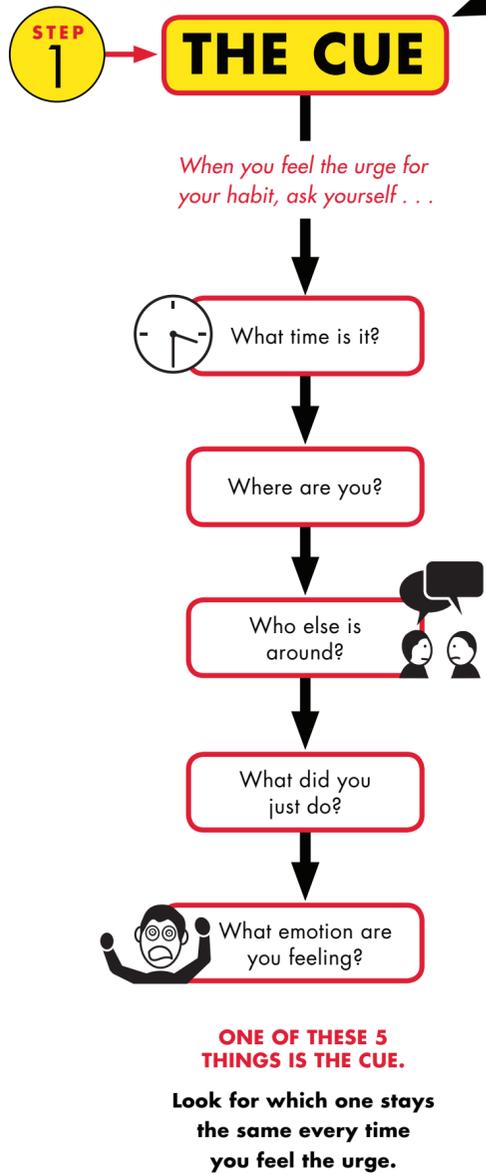


HOW TO CHANGE A HABIT



THE HABIT YOU WANT TO CHANGE

DIAGNOSE THE THREE PARTS OF THE HABIT



Post this plan where you will see it. Try it for a week.

Eventually, studies say, the new behavior will become automatic.