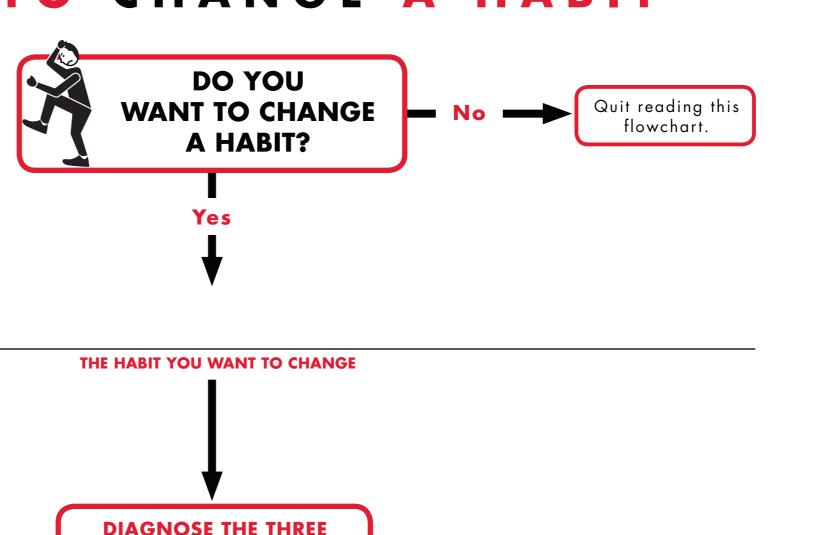
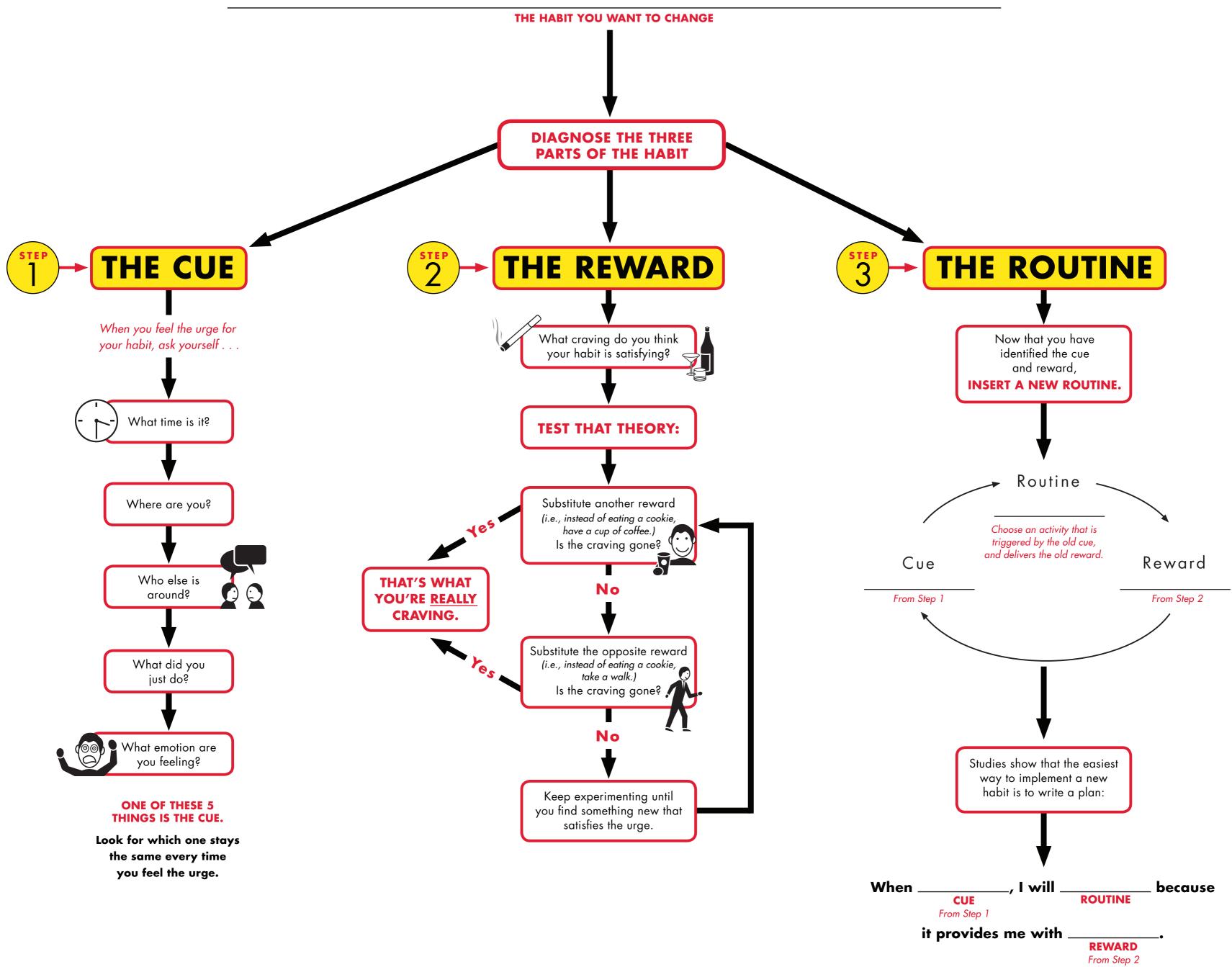
HOW TO CHANGE A HABIT





Post this plan where you will see it.

Try it for a week.

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

HOW TO CREATE A HABIT

