

HABIT

TRIGGER

ACTION

REWARD

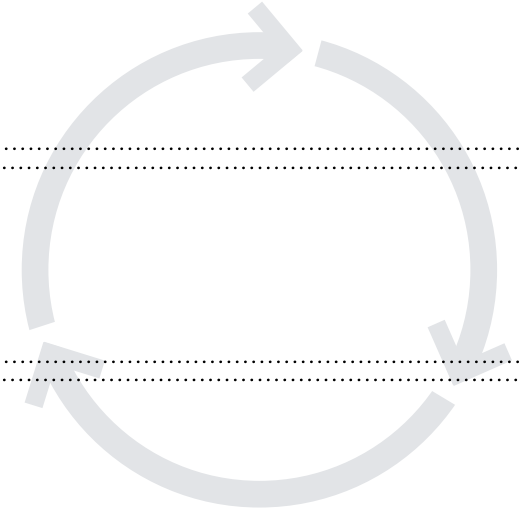


HABIT

TRIGGER

ACTION

REWARD

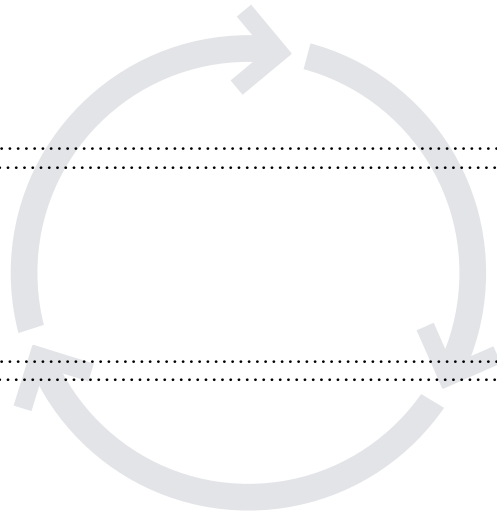


HABIT

TRIGGER

ACTION

REWARD

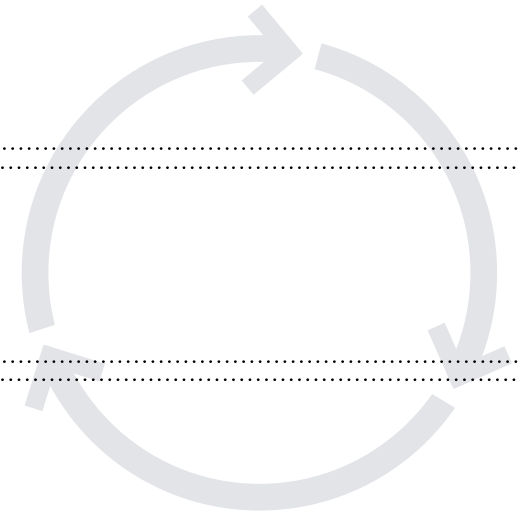


HABIT

TRIGGER

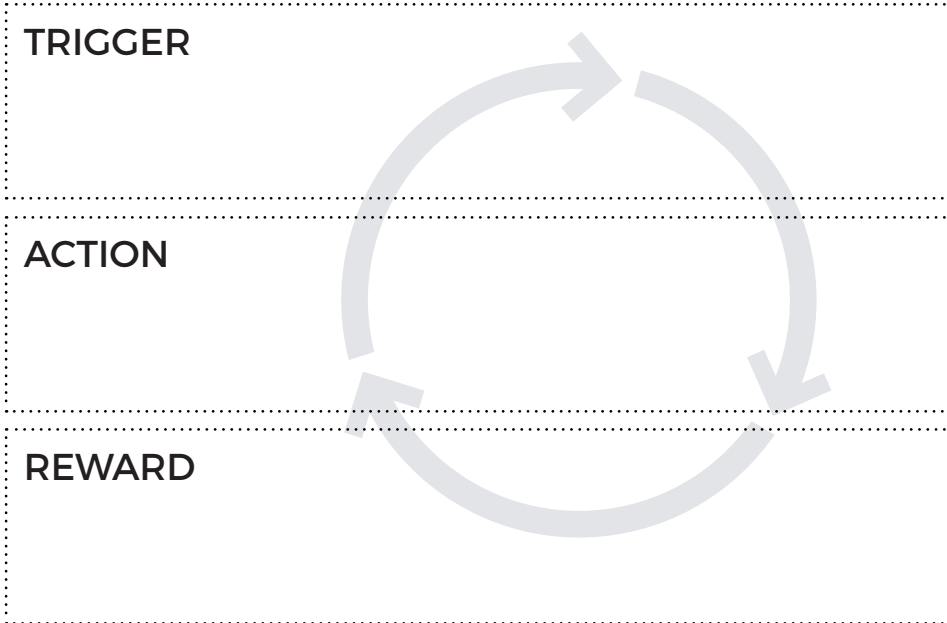
ACTION

REWARD



HIJACK HABIT

NEW HABIT



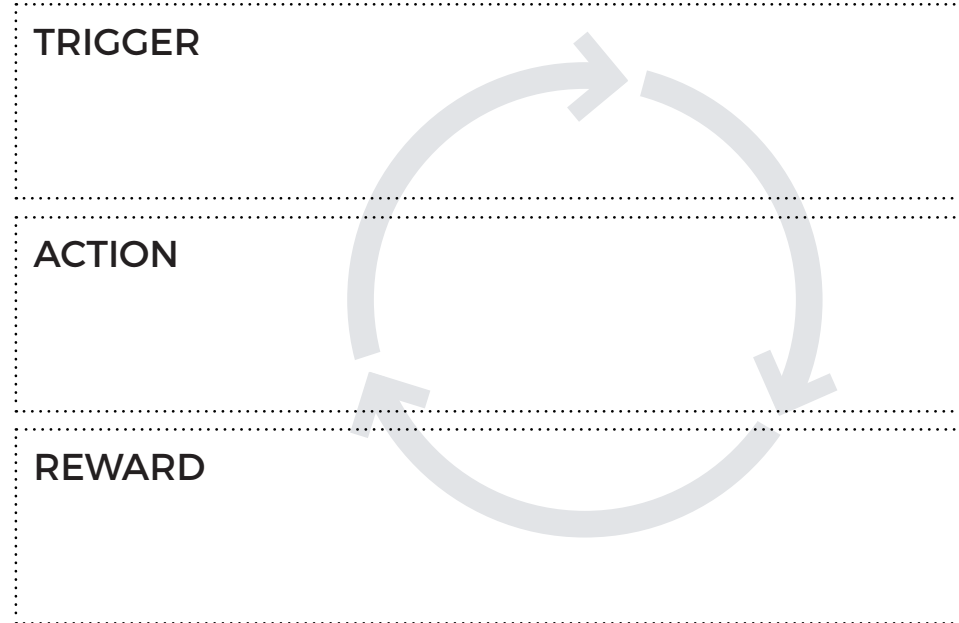
ABILITY MOTIVATION

HOW WILL YOU REDUCE/REMOVE?

OLD HABIT

HIJACK HABIT

NEW HABIT



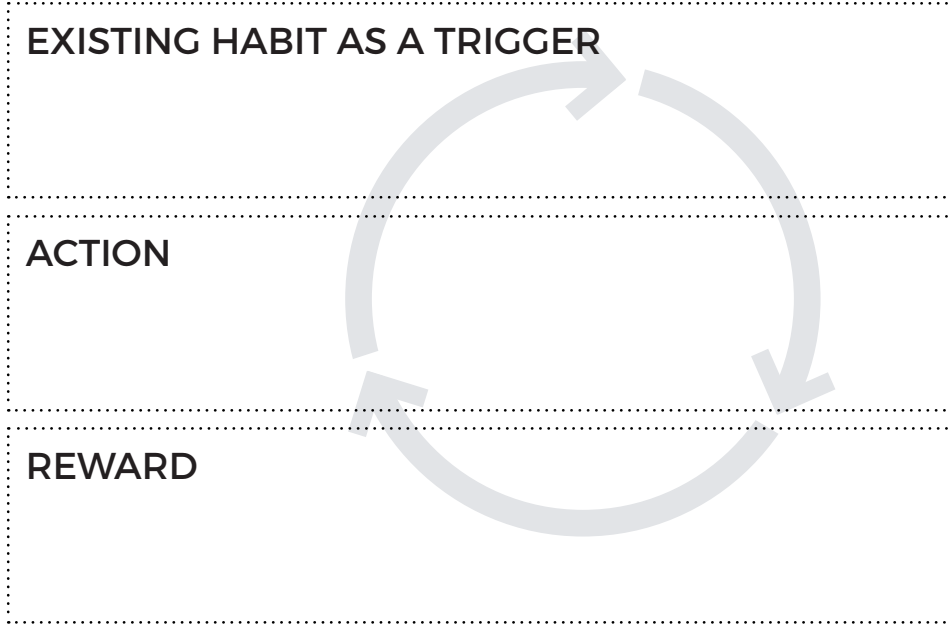
ABILITY MOTIVATION

HOW WILL YOU REDUCE/REMOVE?

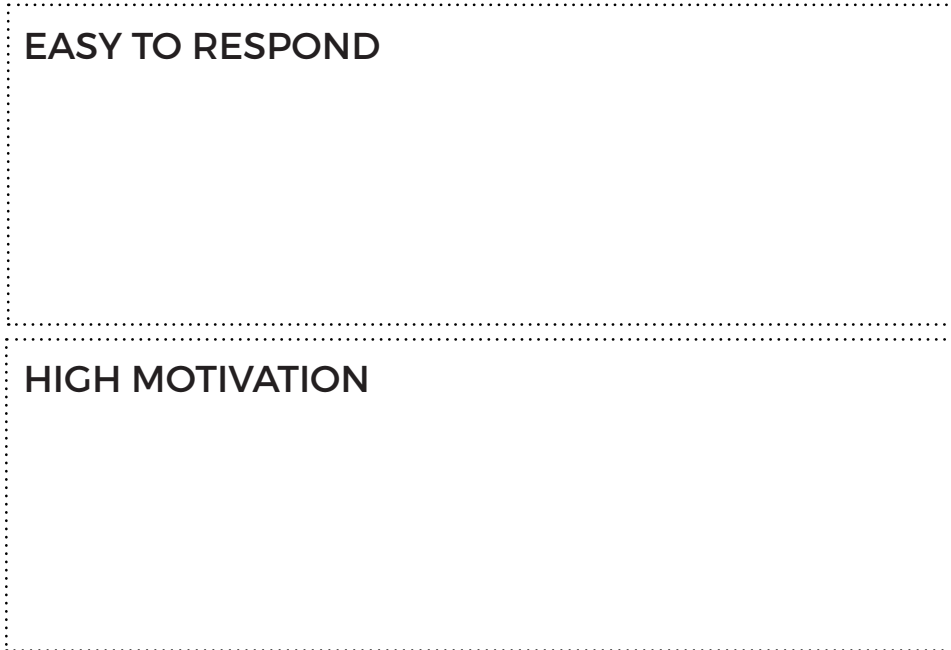
OLD HABIT

BUILD ON HABIT

NEW HABIT

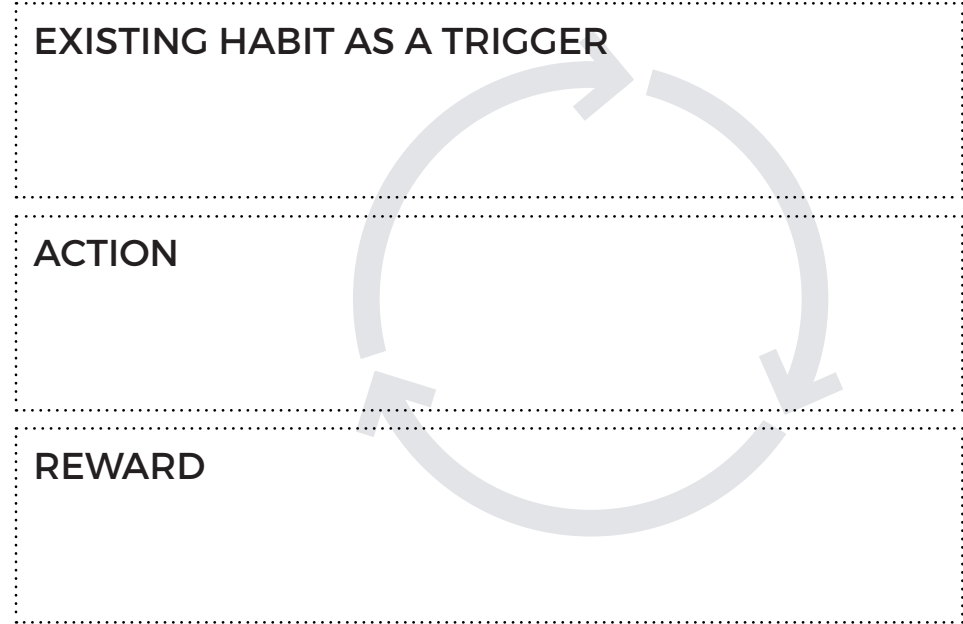


MAKE IT STICK



BUILD ON HABIT

NEW HABIT



MAKE IT STICK

