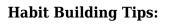
5 POWERFUL TIPS FOR

Building Habits

- Start Small and Be Specific. Begin with 1 or 2 easy habits.
- Set up Your Environment for Success.
- Track your progress with a journal or an habit-tracking spreadsheets or app.
- Celebrate your progress and reward yourself.
- Share your habit goals with a someone who can hold you accountable.

Habit Building Tips

Emilie Sanchez



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